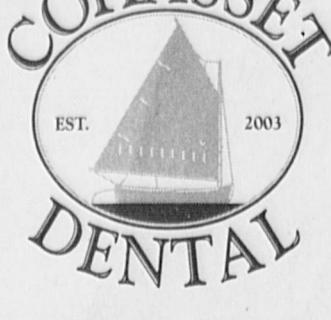


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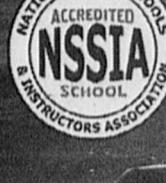
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Feb. 13 Solas
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March 11 Richard Shindell
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April 8 Aztec Two-Step & John Batdorf
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PICTURE THIS

Amy Beuschel Di Lillo

Name: Amy Beuschel Di Lillo.

Occupation: Yoga Teacher and Cross Cultural Trainer (I contract with 2 global companies and provide cultural communication - customs, etiquette, both business and social - training for foreigners moving to the USA or for Americans moving to other countries). Some days I'm bare footed and other days I'm in heels... It keeps me balanced!

Best day of your life: Wow, so many to choose from... The romantic in me chooses the second date I had with my husband when we walked in the rain and time stood still... the first date was funny and a whole other story!

Best vacation: Bali with Tom where we did sunrise yoga then ventured to monkey temples, rice fields and other gorgeous places.

Favorite season: Fall. **Favorite holiday:** Halloween.

Favorite snack: Peanut butter healthy snack, or treat, depending on what I pair it with!

Best book: "The Night Circus," by Erin Morgenstern. It absolutely transported me into this other world... truly magical!

Best movie: "The English Patient." I got to hear the author speak about the book and his writing process and I loved it even more. And Star Wars (Episodes 4-7...and beyond! I love J. J. Abrams)



The Mariner caught up with yoga instructor, Amy Beuschel Di Lillo at Wilcutt Commons. If you see Amy around town, be sure to tell her that you spotted her in Picture This. WICKED LOCAL PHOTO CHRIS BERNSTEIN

Best TV show: I know this dates me, but "Buffy the Vampire Slayer" (TV show, not the movie). Now, I love "Shield" (yes, apparently I have a thing for

superheroes, superpowers... and Joss Whedon)

Best music, group, or artist: Pete Yorn, soulful and melancholy. Prince, when he does acoustic versions of his

80's hits. Anugama when I'm meditating or teaching yoga. U2 and Coldplay

Pet peeve: Litter, especially animal waste that pet owners leave anywhere, but especially in our gorgeous natural spaces.

Biggest mistake: I was new in a job in my early 20s and made the grand mistake of sharing with a new colleague that I really didn't want that job because I was waiting for my ideal job to have an opening, and then I was going to leave. I got fired the next day! I learned the value of having trusted friends and colleagues and the value of knowing myself and doing what I love!

Fun fact: I'm a Midwest farmer's daughter who has had the luck to live in 4 countries and 4 states (Mass. is my 4th state and first time living on the East Coast).

Goal: To have a healthy and balanced life and family, and to trust my instincts and intuition.

Person you'd most like to meet: My great grandmother, now that I am an adult. She lived to be 99 and had a fascinating life that I wish I knew more about.

Biggest worry: Hmm, apparently everything (when I get stressed)... This is from my teenager! ...and now I'll direct you back to my goal!

Best part of Cohasset: Access to so much varied natural beauty: ocean, rocks and forest.

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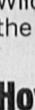
Photos

 Dress rehearsal for "Briefs"

Video

 Dishing It Out at Tinker's Son

Blog:

 WILD ABOUT BIRDS Pam French, owner of Wild Birds Unlimited, has the word on birds.

How Tweet It Is

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Popular Stories

 Senior: Teacher contract is unsustainable

 Second Congregational seeks preservation funds

 Officers put new face on police work

 Upstairs restaurant for Stagecoach Way

 Kindergarten lottery is a probable win

COHASSET ELDER AFFAIRS

Break out the coloring books daily

New location: Cohasset Elder Affairs is now located at Wilcutt Commons, 91 Sohier St. All events and activities will be held in that location unless otherwise noted. The center offers tours for visitors.

Adult Coloring: 8 a.m. to noon, daily. This creative activity helps people de-stress from everyday pressures. By donation, the center has a supply of books with intricate patterns. Bring colored pens, pencils or crayons or use the one's provided. The center will also provide coffee.

Anna's Juice Bar: 11 a.m. Thursdays, Feb. 4-25. Stop by the dining room after the strength and conditioning class. Cost: \$1, includes a healthy energy boost after a workout. All invited to partake in Anna's delicious beverage and casual conversation.

Intergenerational Lunch: Noon, Feb. 11. Enjoy the Deer Hill fourth grade students as they impress residents with their social skills and entertain with their talents. Cost: \$3, lunch donation.

Valentine's Day Tea: Noon, Feb. 17. Delicious finger sandwiches and refreshments. Entertainment provided by the talented Andrew Smith, who will blend old and new in his original music and cover versions of popular songs. Reservations required no later than Friday, Feb. 12. Cost: \$6.

Preventing Falls: 1:30 p.m. Feb. 18. Norfolk County Triad Officer Cheryl Bambury will offer an informative presentation to help seniors become more aware of fall risks and how to prevent them. No charge for presentation.

Seniors on the Ball: 1:30 p.m. Feb. 23. Rita LaRosa Loud, from Quincy College health science department will demonstrate exercises to increase bone strength and to discuss healthy aging. Free program. Reservations are requested.

Veterans services hours: Tuesdays and Thursdays, 1-4 p.m., Wilcutt Commons, 91 Sohier St. Cost: \$5.

Gentle Yoga: Tuesdays, 9:30-10:30 a.m. Wear comfortable clothing. Bring a mat. At Wilcutt Commons, 91 Sohier St. Cost: \$5.

Gentle Chair Yoga: 1 to 2 p.m. Wednesdays. This class focuses on increasing mobility.

Yoga/Meditation: Thursdays, 8:30 a.m. Eclectic, fusion, beginner-friendly yoga class offering a variety of combinations to help you on your path to mindfulness and calm. Drop-in class. Cost: \$5.

Senior Stretch and Conditioning Class: Follow the instruction of an exercise therapist to improve upper and lower body strength, endurance, and flexibility. Cost per class is \$5.

Ongoing programs

Lunches: Tuesday-Thursday, noon. Meals provided by local restaurants

South Shore Tide Chart
COHASSET HARBOR (WHITE HEAD)

FEB. 2016	HIGH			LOW			SUNRISE	SUNSET
	AM	HGT.	PM	HGT.	AM	HGT.		
Thursday 04	7:31	8.6		7.7	1:08	1.4	1:50	0.8
Friday 05	8:20	9.0		9.0	2:01	1.1	2:41	0.3
Saturday 06	9:12	9.4		9.4	2:52	0.7	3:30	-0.2
Sunday 07	10:00	9.9		10:35	3:41	0.2	4:16	-0.8
Monday 08	10:47	10.3		11:20	4:29	-0.3	5:02	-1.2
Tuesday 09	11:34	10.6			5:17	-0.7	5:48	-1.5
Wednesday 10	12:06	9.8		12:22	6:05	-1.0	6:34	-1.6
Thursday 11	12:52	10.1		1:11	6:54	-1.2	7:21	-1.5

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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POLICE BEAT

Teens following one another have car accident

By Mary Ford
mford@wickedlocal.com

MVC

An officer on patrol came upon an accident at Forest Avenue and Jerusalem Road around 8:14 p.m. on Thursday (Jan. 28) involving two cars. Police said investigation showed a 2013 Jeep Cherokee, operated by a 16-year-old Cohasset boy, was following behind a 2007 Volvo, operated by a 17-year-old Cohasset boy, when the Jeep tried to pull around the Volvo on the wrong side of the road at the stop sign as the Volvo was attempting to turn left up the hill on Forest Avenue.

The vehicles collided and the accident caused major damage to both. The 16-year-old was taken by ambulance to South Shore Hospital with non-life-threatening injuries. He is being summonsed to juvenile court for operating to endanger, failure to drive in marked lanes and with a stop sign violation. The two boys knew each other and one was following the other, police said.

Overdose

A Cohasset father drove his son, who is in his 20s to the police station on Tuesday morning (Feb. 2), for help because the son had overdosed on heroin, police said. Paramedics were immediately on the scene and the young man was transported to the hospital.

MVC

Police responded to a single car crash on Atlantic Avenue on Tuesday afternoon (Jan. 26) around 5 a.m. A 19-year-old Hingham woman in a 1998 Chevrolet Cavalier was headed south when in the 400 block of Atlantic Avenue, she hit a patch of ice, careened off the road and into two parked cars in the driveway at a residence, a 2009 GMC Yukon and a 2005 GMC Yukon.

The Cavalier sustained heavy damage as did the 2009 Yukon; the 2005 Yukon had moderate damage, police said. The Hingham woman was cited for failure to stay in marked lanes.

Hit & run

Police said a 62-year-old Cohasset woman in a 2010 Honda Civic traveling on upper King Street on Saturday (Jan. 30) around 5:43 p.m. was sideswiped by a white-colored pickup truck traveling toward her that crossed the centerline and hit her car, nearly head-on. The pickup truck kept driving. Police have been unable to locate the

truck but have pieces of debris from the pickup located at the scene. The put out a notice to area towns to be on the lookout.

Default warrant

A 36-year-old Hull man was arrested on a warrant after police responded to a complaint about a man yelling and cursing at his 2004 Cadillac SUV in the village parking lot near Stagecoach Way.

Investigation at the scene revealed Sean P. Rivieccio of 31 Kenberma St. had a default warrant for his arrest for possession of heroin and operating with a suspended license.

Dog dispute

A Stevens Lane dog owner complained that a dog belonging to a family on Highland Court came into her yard on Sunday afternoon (Jan. 31) and attacked her dog. The Animal Control Officer issued a \$25 lease law violation fine to the dog owner from Highland Court.

Skaters

Police and fire personnel responded to a call from the north side of the reservoir near the Beechwood dam about some clothing on the ice with no one around on Monday afternoon (Jan. 25). Investigation found a Scituate couple who had been ice skating; no one was in distress.

Stuck in woods

A 51-year-old Duxbury woman called police after she drove on a private driveway from King Street (across from Stop & Shop) into Thayer and Whitney Woods and got stuck around 6:30 p.m. on Monday (Jan. 25). She reported that she had locked herself in her car and was afraid. AAA was called and Express towing was able to tow the Saab out of the woods. Police said the private driveway leads to a home in the woods.

Blinking light

A report from a concerned caller near Atlantic late Monday afternoon (Jan. 25) about a blinking light about 400 yards near the jetty turned out to be coming from the dredging barge.

Cars tagged

Several cars were ticketed after police received a complaint on Monday night (Jan. 25) about vehicles illegally parked around the common that were causing a traffic hazard. Monday is a busy night at town hall and AA also meets at the Second Congregational Church. Police explained that parking is not allowed on the common side of Highland Avenue and is not allowed on Jason and Long roads except on Sundays.

Served

Cohasset police served an immediate threat notification form and medical evaluation notice from the Registry of Motor Vehicles for the Plymouth police to a Cohasset resident last week. The resident had some driving issues in Plymouth that raised into question his ability to continue driving.

Protective custody

Police took a 70-year-old homeless man, who is known to them and who has Scituate ties, into protective custody after finding him walking in an intoxicated state near Forest Avenue and N. Main Street on Wednesday (Jan. 27) around 2:30 p.m. Police initially had responded to a complaint about the man making threats earlier that afternoon at the South Shore Athletic Club. Police later found the man's bike abandoned by a real estate office in the village and are going to try and return it to him.

Check fraud

Police are seeking assistance from asset protection at Stop & Shop to see if there is video of an individual that fraudulently used a check belonging to a 53-year-old Cohasset man on Friday (Jan. 29) to pay for \$126.55 in groceries.

Dispute

A 65-year-old Cohasset resident reported to police on Wednesday afternoon (Jan. 27) that a neighbor with whom she has an ongoing dispute in her condo complex had passed very closely by her in his pick up truck and could have hit her. She wanted the incident documented, police said.

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A report from a concerned caller near Atlantic late Monday afternoon (Jan. 25)

ON STAGE

Curtain rises on 'Briefs III'

Cohasset Dramatic Club presents "Briefs III" on at 7:30 p.m. on Friday, Feb. 5, and Saturday, Feb. 6, at the Cohasset Town Hall Theatre.

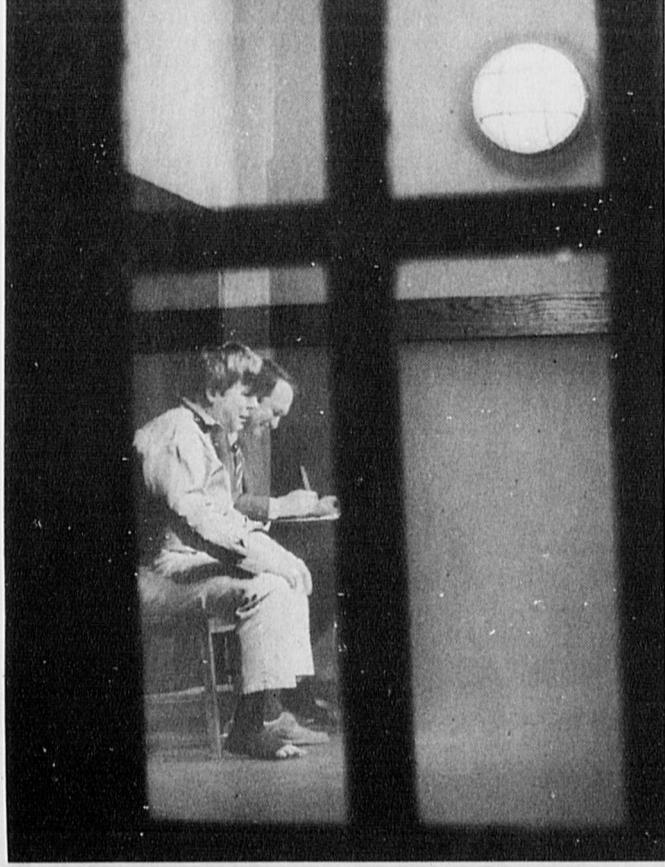
The third annual festival of 10-minute plays features seven original works ranging from the comedic to the dramatic. Directors and actors from throughout the metropolitan Boston area are featured, as well as works from award-winning playwrights from across U.S.

Tickets are \$20, which includes cabaret-style seating, complimentary snacks, dessert and beverages. Tickets can be purchased by calling 617-922-0280, or online: brownpapertickets.com/event/1149495, or at the door. For more information, visit: cohassetdramaticclub.org

STAFF PHOTOS BY CHRIS BERNSTEIN



Producer Lisa Pratt (L) and Technical Dir. Mark Bono (R) at Cohasset Town Hall, during dress rehearsals for "Briefs" a group of mini-plays.



Actors Ted Lillies of Duxbury (L) and Ken Carberry of Milton (R), reflected in the town hall doorway during dress rehearsals for the short play 'For Pete's Sake' an objectively light hearted tale of a near death experience, written and directed by Duxbury resident Jonathan Markella.



Angi Walsh of Cohasset, as Dr. Cooper, in the short play 'Small Talk'.



Actors Anastasia O'Brien and Mike Whalen rehearse the short play 'Scripted'.



Director Kelly Hines (center left) awaiting on stage rehearsal time for the short play 'Amenities' with cast L-R, Dan Toomey of Cohasset, Ellie Baumgarten, of Cohasset, Zele Avradopoulos, of Hingham, and Paul McCuen of Marshfield.



Ted Lillies of Duxbury, on the edge of it all, as John, in the short play 'For Pete's Sake'.



Mark Alves as the UPS man opposite Katy Downey as Rachel in the short play 'Small Talk'.



Director Anne Gardner watches with excitement as her actors rehearse the short play 'Scripted'.

SCHOOLS

Business manager heading to Hull

By Amanda C. Thompson
athompson@wickedlocal.com

Dave DeGennaro, business manager for the Cohasset school system, announced in January that he would be leaving the district to take a new position in Hull.

Officials aren't waiting until his seat gets cold. In fact, they'd prefer to see some overlap in management so that the new hire

has an opportunity to learn from DeGennaro before he departs. This gives them until Feb. 29th to make a decision.

For now, the administration is only looking for an interim business manager. The hiring process for a permanent manager will be far less abbreviated. Applications for both the interim and permanent position are now being entertained, with a deadline of Feb. 12th for

Applications for both the interim and permanent position are now being entertained, with a deadline of Feb. 12th for interim applicants.

interim applicants. Superintendent Barbara Cataldo reported to the School Committee on Feb. 3rd that she had already received over half a dozen responses. She is connecting with applicants daily, as soon as their emailed

letters of interest arrive in her inbox.

The School Committee shared her sense of urgency and delegated a temporary subcommittee to review résumés over February vacation week.

"Getting an interim is our

number one concern right now," said board member Katie Dugan, who will serve on the subcommittee with Chairman Jeanne Astino.

If the timeline irons out as they hope, the subcommittee will be able to present a shortlist of finalists to the full committee in time for it to deliberate at its Feb. 24th meeting. All members agreed that it would be even better if they

could find a strong candidate who wanted to start even earlier.

When the time comes, the same subcommittee will review applications for the permanent business manager position. DeGennaro has not yet been available for comment.

—Follow Amanda on Twitter for updates: @MarinerAmandaT

CONTRACT

From Page A1

Like most districts, Cohasset compensates teachers based on a system of steps and columns. For every year that a teacher stays in the district, he or she moves up a step for a maximum of 15 steps. Each step translates to an annual 3.5 percent raise. Under the new contract, this is being honored.

Teachers move through the columns by furthering their education and professional development. The district even offers funding to help teachers do this. Like steps, columns also come with a percentage raise for every level gained. And like steps, columns will be honored under the new contract.

In addition, teachers are given a 2 percent "cost of living" increase each year. So even if a teacher does not advance to a new column, he or she is looking at a 5-1/2 percent increase in pay.

Already, it's clear where this system becomes unsustainable. Under Proposition 2-1/2, the town can't increase taxes by more than 2-1/2 percent in any given year

unless Town Meeting votes in favor of an override that also passes at the ballot box.

And that's before factoring in what happens when a teacher advances to the highest step and column but is still working in the district. Contractual obligations past the 15th year were part of the drawn-out negotiations, though they were just one of many sticking points. The parties settled on a 6 percent increase to be meted out over three years (the life of the new contract).

"The bottom line," Senior said, "is that proposals far exceed the amount of money available for the schools next year." It's up to the schools, he said, to figure out how they can move around dollars within their own budget to support the commitments they've made.

Astino thinks it can be done.

"The budget will fund the contract," said Astino. "It's just a matter of how we allocate various cost centers. Will cuts be needed? I don't know. It's a living, breathing document and still at the very beginning stage.

The budget book that went out last week isn't the Bible;

we'll continue to work on it."

This early in the budget cycle, Astino said, line items are more of a "wish list." Now that the list has been compiled, officials will comb through to determine which items are necessary. Some will be moved or removed. Others may be covered by funds in a revolving account.

While little is set in stone at this stage, there are two things Astino doesn't think will happen. First, she doesn't believe that the town will cut services or employees to funnel more dollars into the schools. Second, she doesn't believe that an override will be put forth, though some individuals have indicated that they would support it.

What she can promise is this: "We have made commitments to parents about number of teachers at each grade level," said Astino, "and we plan to honor those."

On the town side, officials aren't so confident. After all, it hasn't been that long since Cohasset's financial reputation was, well, not as good as it is today, and it's taken a lot of hard work to polish it up.

"The town is committed to straightening its financial

ship," said Steve Gaumer, chairman of the Board of Selectmen. "This contract, if we honor it, would bust out of the budget. I don't see where more money exists. Either you have an override, or you choose: what are you going to cut?"

Gaumer elaborated, "Since 80 percent of the budget is people, you're really asking, 'who are you going to let go?' Firemen? Policemen? Are you going to cut back on ambulance hours? Close the dump except on weekends? We're concerned about it."

The school budget technically comprises 61 percent of the total town budget. Within that 61 percent, the schools are free to move items around as much as they like to cover different purposes across the town's three schools.

But as far as teacher compensation goes, the school budget only covers salary. The town, not the schools, picks up insurance premiums for teachers and, if applicable, their spouses and children. The town, not the schools, sets aside funds toward pension obligations. And the town, not the schools, must meet healthcare obligations for

retired teachers.

In reality, the percentage of public money going to the schools is closer to 70 percent, according to Gaumer. He is loath to place more of a burden on the town's limited tax base, since so many are retired and living on fixed incomes, or families with several kids who are struggling to stay afloat.

While individuals in town may be wealthy, Gaumer doesn't believe Cohasset is a "wealthy town," and he wants to be sensitive to that. The pie can't be expanded infinitely. Building a bigger pie by having an override would only stretch the filling thinner.

But he is careful not to paint it as an "us-versus-them" scenario. Both the selectmen and the School Committee recognize the repercussions of this contract, and both have said they're prepared to buckle down over the coming months to find a solution that works for both the district and the town.

Look for more on this issue in an upcoming edition of the Mariner.

—Follow Amanda on Twitter for updates: @MarinerAmandaT

NOTICE

Businesses, landlords Form of List

The Cohasset Assessors' Office has requested a Form of List to be completed by any person who owns or conducts business or owns rental property in the Town of Cohasset for Fiscal Year 2017. In accordance with Massachusetts General Laws Chapter 59, Section 29 the deadline for filing is March 1. Failure to timely file this return could adversely affect the owner's right of appeal.

The Assessors' appreciate your cooperation in providing the necessary information. Reminder postcards were mailed to businesses in town. The Form of List is available online at: cohassetma.org Select Forms Tab, Search: Form of List

For further information, please contact the Assessors' Office at (781) 383-4114 X124.

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**Statistics provided by American Heart Association.

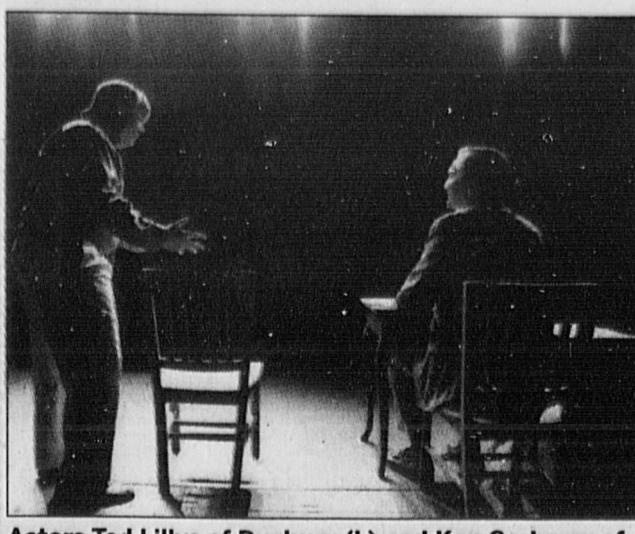
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**Statistics provided by American Heart Association.

NW-CN 3386863

5 THINGS TO DO THIS WEEK



Actors Ted Lillys of Duxbury (L) and Ken Carberry of Milton (R), during dress rehearsal for the short play 'For Pete's Sake' on stage this weekend. WICKED LOCAL

PHOTO BY CHRIS BERNSTEIN

1 ON STAGE: Cohasset

Dramatic Club presents "Briefs III" on Friday, Feb. 5, 7:30 p.m. and Saturday, Feb. 6, 7:30 p.m. at Cohasset Town Hall. The third annual festival of 10-minute plays features seven original works ranging from the comedic to the dramatic. Tickets are \$20, which includes cabaret-style seating, complimentary snacks, dessert and beverages. Tickets can be purchased by calling 617-922-0280, or online: brownpapertickets.com/event/1149495, or at the door. For more information, visit: cohassetdramaticclub.org.

2 LECTURE SERIES:

Cohasset Historical Society will continue its Wednesday evening lecture series at 7:30 p.m. Feb. 10 at the Pratt Building, 106 S. Main St. Rebecca Bates-McArthur will talk about the impact of World War II on Cohasset, focusing on the town's contributions to the war effort, including the role of the National Guard, the participation in the USO and the Red Cross. Public is invited to attend and share memories. Light refreshment will be available beginning at 7 p.m. A donation of \$5 is suggested.

3 SHAKESPEARE: A free

professional performance of "Hamlet" will be held at 3 p.m. Feb. 10 at the Cohasset High School

auditorium, 143 Pond St. All Cohasset residents welcome, free of charge. This matinee performance by the Boston Theater Company is made possible in part by a grant from the Cohasset Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency. Show about 60 minutes long. For more, contact Brittany Foley at bfoley@cohasset12.org.

4 BUTTONWOOD: But-

tonwood Books, Shaw's Plaza, will host Hingham resident Monica Tesler at 7 p.m. Feb. 10. Tesler's debut novel "Bounders" is the first book in a new science fiction series for middle-grade kids. Aliens, tools and space food are just a few of the changes that await the first class at EarthBound Academy. For information: 781-383-2665.

5 COOKIES: The Girl

Scouts will be at Stop and Shop on "Super Bowl" Sunday, Feb. 7 from 11 a.m. to 3 p.m. If the girls have already knocked on your door and you have bought too much already, remember, they freeze well. Girl Scout cookies make the best end-of-the-year gifts for the bus driver, teacher, classroom mom, sports coach, or music teacher. Still looking for cookies, you can email: Cohasset-cookies@gmail.com.

DOG TALES

Henry: a playful little friend

Ready to add a little spice to your life? Well, I'm Henry, a two-year old Chihuahua who happens to love palling around with other dogs, as well as fully-grown humans. I do like my own food and toys and so small children are not my buddies, if you know what I mean.

I like to think I'm what you humans call house-trained, but I do have an occasional accident. I will get this corrected; I promise you. Some have called me bossy, but we Chihuahuas just like to make ourselves known. Look at my picture. Cute, right? You won't regret taking me home.

Interested? Email at Info@scituateanimalshelter.org or call 781-544-4533

—As told to Bob Ryan, *Boston Globe* columnist emeritus and ESPN commentator. Calling all dog lovers! Do you want to help dogs like Henry? We are looking for volunteers! Please go to our website to RSVP to our Feb. 7 open house.

SAVE THE DATE

Catmobile offers feline services Feb. 13

Rescue, 487 Nantasket Ave.

The Merrimack River Feline Rescue Society operates the Catmobile, which is staffed by a licensed

veterinarian and one veterinary technician. The package consists of spay/neuter, rabies vaccinations, exam, nail trim and

treatment for fleas and ear mites. For prices and reservations: catmobile.org; 978-465-1940.

HOLLY HILL FARM

Knitting 101 and Seed Talk and Stone Soup start in Feb.

KNITTING 101: 6 to 8 p.m. Feb. 10, 17 and 24. Carrie Weinstein will be the instructor. During the four-week period, Carrie Weinstein will teach attendees the basic concept of knitting, like how to cast on, knit, purl, bind off and read an easy pattern. Attendees will then apply these skills to begin a simple

cowl. Bring materials. Cost: \$80. For information: 781-383-6565; prentice-hollyhillfarm@verizon.net.

SEED TALK AND STONE SOUP WORKSHOP: 10 a.m. to noon, Feb. 6. Gather in the warm, sunny greenhouse to make garden plans for 2016. The farmers will have some seeds available to take home, such as beans, carrots and kale. While thinking about all of

and ideas with the group. Attendees will peruse seed catalogs, discuss strategies and figure out the best arrangement for early season, summer and, even fall plantings. The farmers will have some seeds available to take home, such as beans, carrots and kale. While thinking about all of

these warm weather plans, guests are invited to bring a vegetable and add it to the community stone soup. The stone soup will be simmering on the Bergsten blue wood stove. Plan on enjoying a cup. Cost of workshop: \$12 for members; \$15 for nonmembers. For information and reservation: 781-383-6565, friendsof-hollyhillfarm@gmail.com.

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The 2016 Readers Choice Awards are here!

Look for the ballot in today's paper or vote online at WickedLocalFavorites.com

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Third Prize

3rd prize winners will receive a Gift Certificate to a local restaurant or entertainment event/venue.



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WICKED LOCAL

SABLE

From Page A1

The Mass Juvenile Court handles delinquencies for minors aged seven to 17, care and protection cases – including termination of parental rights, and the aftermath of such a decision – and “children requiring assistance,” such as truants or children with unmanageable behaviors whose parents have asked the courts for help.

“Linda has had an exceptional career as an attorney in the Commonwealth, specifically with regard to her commitment to the juvenile justice system,” Governor Charlie Baker said in a January press release. “We are certain her experience and understanding of the privilege of this service will make her a valuable addition to the Massachusetts Juvenile Court.”

In the same release, Lieutenant Governor Polito said, “We are confident that Attorney Sable’s strong

management skills will allow her to balance the large caseloads of this court while being mindful that swift access to justice and the opportunity to impact children’s lives in a positive way are of the utmost importance.”

“The shift,” said Sable, “is that a lawyer represents the position and interests of their clients. They zealously advocate for what their clients want. Now I will listen to both sides.” But she feels that her experience as an advocate will help her understand the situations brought before her in order to make the best choice.

“It’s an odd transition, though,” Sable admitted. “It does have a social impact.”

She has always felt close with the juvenile bar – that’s the group of lawyers who are practicing in a certain area. Her colleagues and friends in the bar were part of the reason Sable chose this path.

“The lawyers that practice in this area are great people and very passionate,”

said Sable. “There’s a lot of camaraderie in the bar.”

Now, there’s a chance she could be asked to arbitrate between two former colleagues. But that didn’t come as a surprise to Sable; she knew it could happen when she applied, and it’s a challenge she’s willing to face.

Perhaps the bigger challenge is letting go of her own practice. Unsurprisingly, Sable forms a deep bond with those whose cases she represents, and she is taking the next month to reassign those 65 cases to the right representative.

After that, she will be on the road for a month, training under another judge. The nomadic month is designed to acclimate new judges to unfamiliar areas, whether urban or rural, and to give them experience in as many different environments as possible.

Sable will eventually be assigned a presiding location, but that assignment is far from permanent. Her jurisdiction now is the

entire state. “Wherever they need me,” said Sable, “I’m ready and willing to go.”

Sable was raised in Livingston, N.J. and graduated cum laude from UMass Amherst before obtaining her JD from Vermont Law School in 1987. Sable began her legal career in 1988 as a Plymouth County Assistant District Attorney trying cases in District, Superior and Juvenile Courts.

She was also the regional coordinator for the Committee for Public Council Services children and family law program. For five years, she helped mentor and train other attorneys in the region. But with her new appointment, this torch, too, will have to be passed.

Regarding the appointment, Sable said, “I’m excited and a little bit nervous. I’m very cognizant that I want to do a good job and be worthy of this position and opportunity.”

Follow Amanda on Twitter for updates: @MarinerAmandaT



Linda Sable has been appointed to the Massachusetts Juvenile Court as one of 41 associate justices. WICKED LOCAL STAFF PHOTO / ROBIN CHAN



Chris Castro replaces a light bulb on a school bus that had blown while checking to make sure each bus is OK. WICKED LOCAL STAFF PHOTOS / ROBIN CHAN

CASTRO

From Page A1

help diagnose larger issues and determine whether the bus does, in fact, need to pay a visit to New England Transportation.

“Seven of them are exactly the same bus,” he pointed out, “so that makes it easy. If something

breaks, I always order a spare because another one might need it.”

As for the two buses that are owned by the town, they’re seeing less road-time now that the leased buses are going to Tynsboro less frequently, but Castro still makes a point of checking them every week.

Chris Castro has 25 years of experience with tractor trailers and hauling automobiles.

Castro also helps get the buses going on cold mornings before he commutes

into Boston. So far, the weather has been on his side; getting the buses started at temperatures as low as 16 degrees has not been an issue. He just shows up 20 minutes before the drivers and gets everything going, checks that it’s all running well, and fires up the heaters.

Castro has 25 years of

experience with tractor trailers and hauling automobiles. Plus, he has his own equipment and does repairs at home for his own vehicles. He started working for the Cohasset School District on Jan. 8th, 2016.

“The experience level I need for this job is exactly the experience

level I have,” said Castro. A 20-year resident whose three kids all grew up in the Cohasset school system, he added, “It works with my schedule and I’m able to help out a little bit.”

Follow Amanda on Twitter for updates: @MarinerAmandaT

Chris Castro checks out his to-do list at the start of his shift in his shed where he keeps his supplies.

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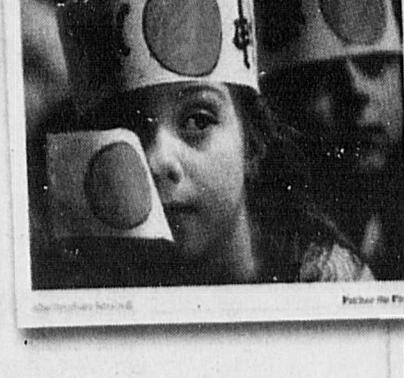


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MEN OF HARMONY

Singing their way into your heart

By Ruth Thompson
rthompson@wickedlocal.com

If on Feb. 13 or 14 a quartet of unfamiliar men come to your door and break into song, don't be alarmed. It means someone has sent the South Shore Men of Harmony to relay a special Valentine's Day message, complete with a rose and a card from your sweetheart.

Marshfield's Joe Kodzis, 57, who has been singing with the organization for 18 years, enjoys going out with the barbershop quartet and performing singing on Valentine's Day.

"We go everywhere from schools, restaurants, hospitals, to even barbershops," he said. "It's a great time showing up to surprise and sing for people. Their reactions are priceless."

The Valentine's Day program is one of chorus' most popular.

"Last year, the Valentine program was wiped out by the snow," said Father Wendell Verrill, 78, of Hingham, who has been a member of the chorus for a decade. "The year before that we fulfilled 16 singing Valentines requests with three quartets. This year we expect about 10 or 12 visits with two quartets."

In barbershop arrangements, Verrill said the tenor line is very high and only a few can sing it.

"Thus, at the moment we have only two tenors, which limits our quartet availability."

The South Shore Men of Harmony started in Scituate in 1961 and is the Scituate

chapter of the Barbershop Harmony Society, which numbers about 30,000 members.

The group moved to Hingham 25 years ago when the Hingham Community Center offered them a space.

There are 30 members on the roster of the South Shore Men of Harmony, according to Verrill, but only 23 are active as of this date.

"At one point in the '70s we had close to 100 members," he said.

The group meets every Tuesday for what member Wayne Pitts calls "a well-directed, two-hour session of singing in harmony together, learning and perfecting musical skills, and rehearsing for upcoming performances."

"We practice as both quartets and a full chorus," he said. "The scope of activities available to members extends from competing in international contests to singing a romantic medley and presenting a rose to one special Valentine's Day sweetheart at her home or at work."

Pitts, 76, a Braintree resident, has been a member of the chorus for six years. He joined because he found the music and the fellowship much to his liking.

"I had no prior musical training, but was welcomed by the chorus and invited to give it a try and sing along," he said. "I sing baritone. My brother, Bob, sings lead and his grandson, Aaron Christian, also sings with our chorus. It's a hobby

that grandfathers, sons, and grandsons can all enjoy."

The South Shore Men of Harmony is not just about delivering romantic Valentine's Day messages. They perform throughout the year for local civic organizations, veterans' groups, assisted living and senior centers, town libraries, and at summer and holiday concerts, among other events.

"We have sung the U.S. and Canadian national anthems for the Red Sox at Fenway Park, as well as Brockton Rox and PawSox," chorus director Ken Siroonian said.

The group also attends harmony workshops and raises funds to support youth in harmony programs.

A resident of Rockland, Siroonian said he is 63 years old, "but barbershop harmony singing makes me feel 40."

He has been involved with the chorus since 1982 after being invited to a barbershop show by the father of a friend of his.

"I thought the sound was amazing," he said of the quartets he saw that day.

Siroonian's friend's father, who was a member of the Scituate chapter of the South Shore Men of Harmony, later invited him to a chapter meeting in Scituate.

"To be honest, I was not a singer," Siroonian said. "I was a woodwind instrumentalist, but I went to the rehearsal and enjoyed the harmony, camaraderie of the group, and the director teaching me songs and I got hooked."



Tony Carbone of Cohasset, Joe Kodzis of Marshfield, Chris Bailey of Pembroke, and Jack Eisan of East Bridgewater practice one of the songs that they would sing for the Singing Valentine's. WICKED LOCAL STAFF PHOTO/ROBIN CHAN

to create the harmony in the music they enjoy singing and performing.

"I guess I got hooked on the art form, as well as the wonderful people who make up this great international organization," he said. "It is definitely a G-rated family hobby, and that means G for Great."

All the members enjoy singing and it is a real brotherhood, Verrill said.

"We like the challenge of learning the notes and words by memory, and singing correctly as to tone and pitch so as to accomplish the goal of close, pleasing harmony," he said.

And what are some of their favorite tunes to sing?

Siroonian is a fan of patriotic songs, as well as up-tunes, ballads, and spiritual songs, he said, adding some of his favorites include the U.S. and Canadian national anthems in a four-part harmony, "God Bless America," and "White Christmas."

Pitts said as the chorus sings many songs, picking a favorite is difficult, but he did say he has always been partial to "Somewhere Over

Singing Valentines

For \$60, a barbershop quartet will sing three old-fashioned love songs. A rose and a card from are also presented. Quartets are available from 2 to 8 p.m. Feb. 13 and 14.

Based in Hingham, the South Shore Men of Harmony have been active since 1961 as a chapter of the International Barbershop Harmony Society.

Orders can be taken through Feb. 8. To order: 339-205-8352; southshoremenofharmony.wordpress.com.

the Rainbow."

Kodzis' favorite barbershop-arranged songs are "Hello, Mary Lou," "Let Me Call You Sweetheart," "Lida Rose," and "Coney Island Baby," he said.

"I hope more people become aware of this great American musical tradition," Kodzis said.

Follow reporter Ruth Thompson on Twitter @scituateruth

GIMME SHELTER

Please come and meet Fiona

By Tammy Hatch

Meet Fiona, a 7-month-old dark haired Tortie with orange eyes, half orange/half black face, beautifully sculpted upright ears and long lean double front pawed legs. She was surrendered by a single mom who got Fiona as a kitten for her young son.

The mother reported that having a kitten was a lot more work than she'd anticipated and found herself more stressed with this new addition to their home. Fiona didn't make the adjustment to shelter life very well taking nearly a week before she finally let her guard down and engaged with shelter volunteers. She was moved to a room without roommates so that she could acclimate at her own pace.

She's come out of her shell and seems to be very happy in her very own sunshine filled space where she's enjoying the peace and quiet. Fiona is a petite girl, one who not only holds her own well, but seems to prefer it that way. She is very picky and likes things on her terms.

Fiona is a true alpha

female and alphas are well known to treat their owners as though they are here to cater to their whims or not the other way around. She's a very self-assured little lady, one who isn't going to come running when called, rather she's going to say "take a message and I'll get back to you later." Fiona also has an endearing feisty side to her that won't leave you second guessing that's for sure.

We think this little princess would do best in a home where there is a predictable routine, owners who will respect her temperament and she won't have any competition in her personal space. If you are considering a sweet new addition, one who holds her own but will return your love tenfold, then you need to come and meet Fiona.

You can learn more about Fiona and the other cats and kittens we have available for adoption by visiting us online at www.hsar.org or by visiting us at our new location, 487 Nantasket Ave., Hull. Open hours are Monday nights, 6:30 to 7:30 p.m.,

and Saturdays, 2 to 3 p.m. If these times are not convenient for you, special appointments can be made by calling our adoption coordinator, Judy, 781-534-4902.

Calendars

The 2016 Kittendales calendar is in its 9th year of raising money for HSAR. We rely solely on monetary donations as well as support from our fundraisers, including our biggest fundraiser, Kittendale calendar sales! Kittendale calendar sales! HSAR is a non-profit community resource. We are not connected with any town or government agency.

We take in cats like Fiona who come from households which can

no longer care for them, although the majority of the cats in our care are rescued. They are the neediest of animals, often requiring urgent medical treatment. All monies raised from calendar sales goes directly to providing the funds necessary to enable us to carry out our mission. Kittendales can be purchased on-line at www.hsar.org and are also available for purchase at Toast Restaurant in Hull and at the shelter. The cost is \$20.

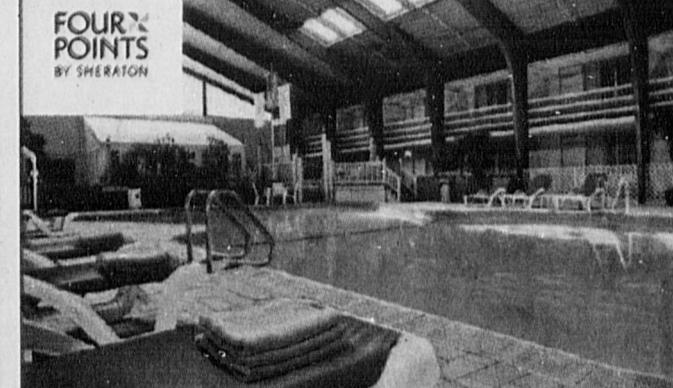
We are a 501(c)(3) non-profit charitable organization. All donations made to us are both federal and state tax-deductible and every penny of every



Fiona is a petite girl, one who not only holds her own well, but seems to prefer it that way. COURTESY PHOTO

donation is used in caring for cats. Won't you consider purchasing a calendar or making a tax-free donation today.

Tammy Hatch is a Volunteer and Board Member at Hull Seaside Animal Rescue.



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Tuesday, 2/16 at 4 - Audubon Presentation

Wednesday, 2/17 at 5:30 - DJ Dance Party

Thursday, 2/18 at 3 - Rainforest Reptile Show

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UPDATE

Memorial Foundation honors PJ Trendowicz's legacy

By Dan Trendowicz

This past August marked the 13th year anniversary of my brother Paul "PJ" Trendowicz's passing. PJ passed away in a tragic swimming accident at Cunningham Bridge on Atlantic Avenue when he was just 18 years old. PJ will be eternally remembered as a loyal and loving brother, son, and friend.

In 2007, my fellow Board members and I formed the PJT Memorial Foundation as a way to remember PJ and to ensure that his legacy will have a positive impact on our local community for years to come.

On Aug. 7th, 2015, friends and family gathered at the Pembroke Country Club for the 9th Annual PJT Memorial Golf Tournament. This tournament was created by a group of PJ's friends to serve as an annual reunion, and to remember my brother. Since its inception in 2007, the annual golf tournament has grown year over year in attendance and dollars raised. The trend continued last August as we had more than 150 golfers out on the course and over 200 all together at the post-tournament reception.

I'm pleased to say that this was another record-breaking year, as the foundation was able to raise more than \$50,000! The bulk of the funds raised can be credited to our Silent Auction and Raffle, which were run by Board members Arianna Desilets (Dedes), Kristin de Garavilla (Sheerin), and

Megan Chastain.

PJ was known as a "Man for Others." Community service, youth outreach, and local community sports were all a big part of who he was. It is only fitting that the mission of the PJT Memorial Foundation is to positively impact the local community with a particular focus on youth initiatives. The money we have raised has enabled us to do some remarkable things with several different local charities whose missions align with our Foundation's focus. Past donation recipients include Birthday Wishes, The Massachusetts Soldiers' Legacy Fund, The Social Service League of Cohasset, and Savin Hill Little League.

The money raised from the 9th Annual Memorial Golf Tournament has been donated to the Carolina Hill Shelter (Marshfield), Dream Big (Newton), The Magical Moon Foundation (Marshfield), and the Youth Health Connection at South Shore Hospital.

The Carolina Hill Shelter will use the donation to remake a computer room into a Learning Center where children can do their homework and meet with tutors. They will also be giving their current playground a makeover by adding new equipment, a fence, and sand.

Our donation to Dream Big will help to support the purchase of equipment, uniforms, and sports attire as well as program scholarships for girls from low-income situations.



Paul "PJ" & Dan Celebrating Dan's 13th Birthday in June of 2002. COURTESY PHOTOS

PJ was known as a "Man for Others." Community service, youth outreach, and local community sports were all a big part of who he was.

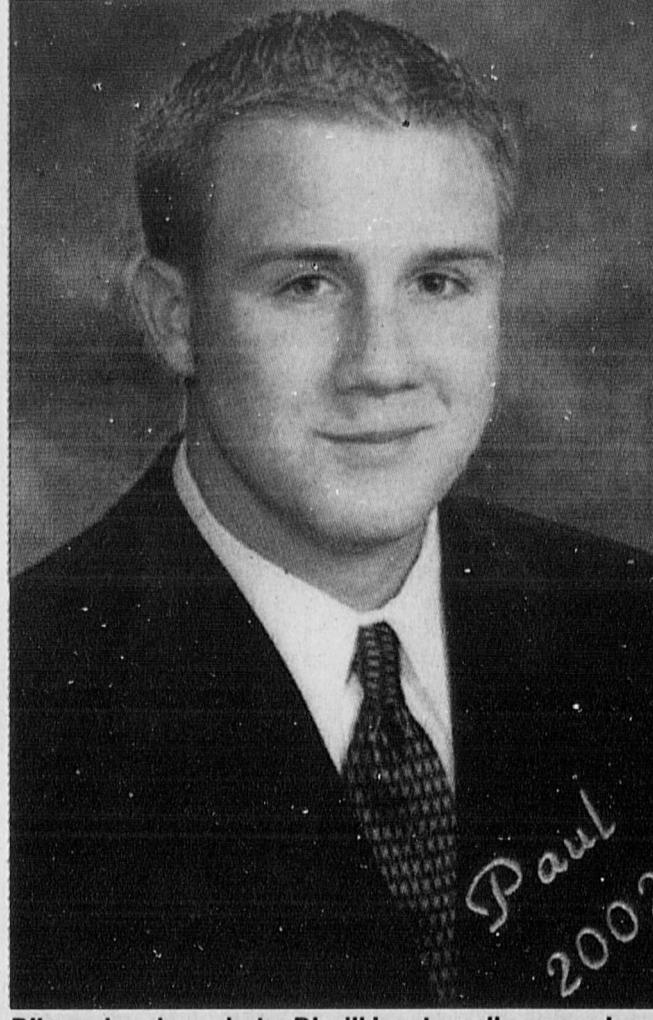
For the second straight year, we are working with Donna Green at the Magical Moon Foundation where we will look to complete the masonry work in the PJT Mystical Kingdom - a child empowerment center located within the grounds of the farm.

The Youth Health Connection will use the funds to bolster their noble mission of making a positive difference in the mental health and physical well-being of children, teens, and parents to reduce risk and increase resiliency.

I like to think of this foundation and everyone involved as my family. Unfortunately, this year we lost a few members from our family. We have recently made special donations in loving memory

of Michael Sullivan, Jeff Flanagan, and Robert Gledhill. They are dearly missed.

Through the generous support of many, PJ's Foundation has transformed tragedy and loss into keeping his legacy of kindness, compassion, generosity, and his love very much alive. So, thank you to everyone who has donated and participated over the years. Thank you to all the Board members who dedicate their time and effort into making this event so great. Without you guys none of this is possible. Also, a big shout out to the Johnston family, especially Diane, who has allowed us to hold the reception at her beautiful home in Cohasset since the beginning!



Paul's senior class photo. PJ will be eternally remembered as a loyal and loving brother, son, and friend.

gmail.com and be sure to visit: thepjtmemorialfoundation.org for information on the golf tournament and donations as well as insight on where your donations go, and our partnerships in the local community. You will also find our trademark "21" hats from this year's tournament available for purchase in case you missed out. Can't wait to see everyone for year 10!

SAVE THE DATE

Special Olympics to host 18th Polar Plunge in March

The 18th Polar Plunge for Special Olympics Massachusetts (SOMA) will be held on March 5 at the

Mary Jeanette Murray Bath House on Nantasket Beach, Nantasket Avenue.

A costume parade will

begin the event, followed by the mad dash of the 750-or-more brave people into the cold surf at noon at the Mary

Jeanette Murray Bath House on Nantasket Beach. They'll be out, drying off, by 12:00 p.m.

Last year, the severe ice caused the Massachusetts Department of Conservation

to postpone the Plunges, and cancel Revere Beach, adding to the challenge. Nonetheless, the Nantasket Plungers raised more than \$280,000 for SOMA, and they hope to double that this year.

Unlike most organizations, SOMA doesn't charge athletes or their families to participate, so these funds are vitally important in providing year-round training and 130 competitions in 24 sports for our 13,000 athletes statewide. Athletes range in age from 2 (Young Athletes Program) to 103. (Yes, the centenarian still competes.)

Captain of the South Shore Mariners Team, Jay Nothnagle, plunging for his 16th time, is a 15-sport athlete, and will be joined by Cohasset plungers and chickens, those who raise money but

stay dry. Connie Afshar; Elizabeth Laas; Jessie Mac-Donald; Steve Myers; Jeff Nothnagle, past state board chair; Pat Plante; the Sida Family; Chris Taylor; and Doug Yeager, plus many from other South Shore towns. The funds they raise come back to the local South Shore Mariners program, which has 120 athletes ages 6 to 76 from seven area towns.

Come on down to Nantasket Beach March 5 and support athletes with a pledge. Mail check to your favorite plunger, payable to "Special Olympics Massachusetts" or "SOMA", or online at polarplungema.org, click on Nantasket, then Register/Information, then Sponsor a Participant, type in a plunger's name, and follow the directions.

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UPDATE

Land ho! for dredging project

The dredging of the Cohasset Harbor channel continues on borrowed time. The project, originally scheduled for completion sometime in November 2015 and with an ultimate deadline of Jan. 31st, could not be completed in time due to poor weather and equipment complications.

Thankfully, the Department of Fisheries and Wildlife granted an extension, as requested by the Army Corps of Engineers in late January when it became clear that the project could not meet its deadline. The team is clear to continue work on the channel for two more weeks. Harbormaster

Lorri Gibbons said she is hopeful that the project can be completed by Feb. 14th.

The Army Corps reported that the extension will allow them to finish dredging the channel, enabling commercial and recreational crafts to enter and exit the harbor. However, no extension was granted inside the harbor area, so that will have to be dredged at a later date.

Jan. 31st is considered the last day for dredging because of the onset of spawning season for flounder and groundfish. Town Manager Chris Senior was confident that the extension would be granted, since there is no significant

population of groundfish in the harbor area.

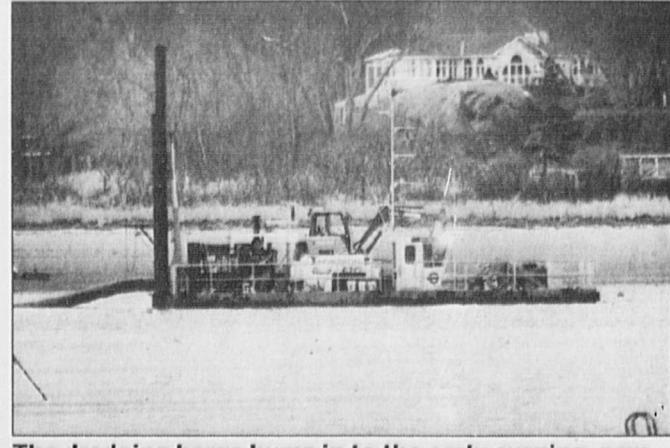
In October, wind and weather blew dredging plans off course, delaying the project start date. When winter finally struck, high surf once again prevented the team from getting the job done, and the most recent snowstorm even damaged some of the piping being used to transport excess sediment from the harbor to Sandy Beach.

Weather hasn't been the only rip tide pulling this initiative off course, though. In December, the contractor found that clogs were forming in the pipeline. Some pipe links were

removed, but the clogs were just a symptom of a bigger problem.

Ultimately, the hydraulic dredge being used at the outset of the project simply didn't have the horsepower to get it done. Later in December, the Army Corps brought in a booster pump, and after that, it seemed like things were back on course. But even then, the sailing was far from smooth.

"They're working very hard to make the channel accessible for the upcoming boating season," said Gibbons. Boating season may be months ahead, but the project doesn't have months.



The dredging barge hums in to the early evening, now stationed along Bassing Beach. WICKED LOCAL STAFF PHOTO

BY CHRIS BERNSTEIN

and hours.

Cohasset Harbor was last dredged more than 15 years ago. Dredging was slated to take place in the fall of 2014, but it took a back seat to more pressing projects brought about in the aftermath of Hurricane Sandy.

The Army Corps aims to reestablish the channel at 90 feet wide by nine feet deep.

Follow Amanda on Twitter for updates: @MarinerAmandaT

WEDNESDAY

World War II in Cohasset

The Cohasset Historical Society will continue its Wednesday evening lecture series at 7:30 p.m. Feb. 10 at the Pratt Building, 106 S. Main St.

Guest speaker Rebecca Bates-McArthur will talk about the impact of World War II on Cohasset. Bates-McArthur will focus on the town's contributions to the war effort, including the role of the National Guard, the participation in the USO and the Red Cross. With only a population of 3,100 souls in the 1940 census, the town of Cohasset sent 475 men and women into military service, some of whom did not

return. They are remembered and with some of the letters sent home, attendees will actually be able to hear their words.

Additionally, Cohasset, along with Scituate, Hingham and Norwell, was the site of the Naval Ammunition Depot. Some 3,500 acres was carved out of the area that is now Wompatuck State Park and housed much of the ordnance for the Atlantic Fleet. The public is invited to attend and share memories of the time and activities of the town. Light refreshment will be available beginning at 7 a.m. A donation of \$5 is suggested and appreciated.

ZBA

New board member is in the zone

By Amanda C. Thompson
athompson@wickedlocal.com

The Board of Selectmen appointed Matthew Watkins to the Zoning Board of Appeals on Tuesday, Jan. 26th, to fill an unexpired term vacated by Jennifer Schultz. Watkins submitted an application last year indicating his interest in town government and desire to be more involved in his community.

"I want to contribute and help protect the charm and character of our town," said Watkins.

Watkins owns a local public relations firm, which gives him a unique background compared to others on the board. While he has no formal committee experience, he's interfaced with many town government boards in the course of his work, often under controversial circumstances.

Board of Selectmen Chairman Steve Gaumer

cautioned him, "You understand it'll be a lot of lengthy evenings with angry people."

But Watkins was unfazed. "My demeanor and composure are used to that type of environment," he said.

Watkins has already started to attend meetings of the Zoning Board and has established a rapport with the current members. "He's very well qualified," associate board member Benjamin Lacy told selectmen. "And delightfully young - he'll bring the average age of the board down about 20 years!"

Lacy added that the board had been feeling the vacancy these last four months. "We work our board fairly hard, and we need the help," he said. "The whole board is in favor."

Follow Amanda on Twitter for updates: @MarinerAmandaT



Recent changes to the exterior of the former Great Neck Grille, pictured here, are creating interest in the new Blue Mussel Tavern that will be opening there soon. WICKED LOCAL PHOTO BY MARY FORD

EATERY

From Page A1

family eatery that would serve everything from seafood to handmade pasta to cured and aged meats to smokehouse items to sushi. Between the restaurant and bar areas, the proposed "Tide Tavern" could hold about 150 guests.

"We want it to be an eatery, not just a fine dining restaurant," Ambrose told the board. "We want people to be comfortable walking in wearing jeans or dressed up."

He also had big plans for the bar: single malt scotches, micro-brews, IPA beers and bourbon were just a few of the intriguing brews he hoped to offer. The selectmen approved a new, annual, all-alcohol liquor license during the October meeting.

At first, traffic concerns nearly dissuaded Ambrose from trying to put a restaurant in the spot, and the reason why is no mystery to abutters. That stretch of 3A, by Dunkin' Donuts and the Avalon complex, is one of the most dangerous in town.

But traffic data shared by Dunkin' Donuts convinced Ambrose that traffic wouldn't be a major issue during the evenings, when the restaurant would be open for dinner. Dunkin' Donuts was also open to allowing overflow parking in their lot after hours.

Ambrose told the board he hoped to open the new restaurant in November, but three months later, not much seems to have happened. Some cosmetic changes have begun to take shape. Building inspector Bob Egan said in October that there were no major

structural changes to be made.

Last week, the selectmen approved a change of name: the "Tide Tavern" will instead be called the "Blue Mussel Tavern." But although the "Great Neck" sign has come down, there's no word yet on when the "Blue Mussel" sign will go up.

Look for more on this issue in an upcoming edition of the Mariner.

Follow Amanda on Twitter for updates: @MarinerAmandaT

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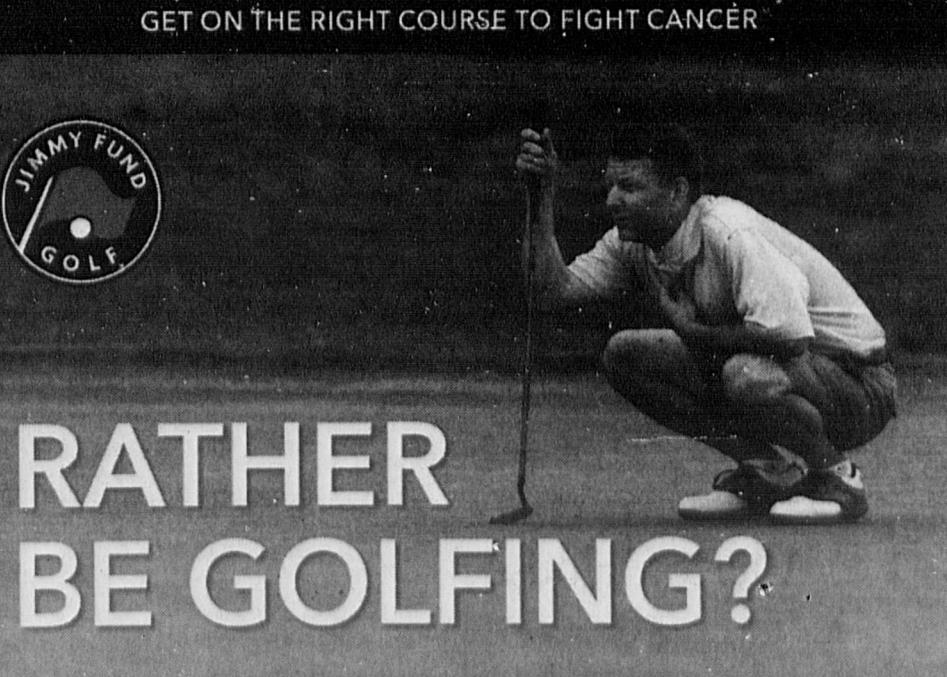
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SCHOOLS



Second graders Addie Woodgate and Taylor Watts laugh uncontrollably while watching their teachers dance in a video played at their assembly for the Read-a-thon at the Osgood School. The two schools read 650,000 minutes in total at last year's Readathon.

Read-a-thon launched

STAFF PHOTOS BY ROBIN CHAN



Kindergartener Enzo Arace gets in position to watch the Readathon assembly at the Osgood School on Friday.



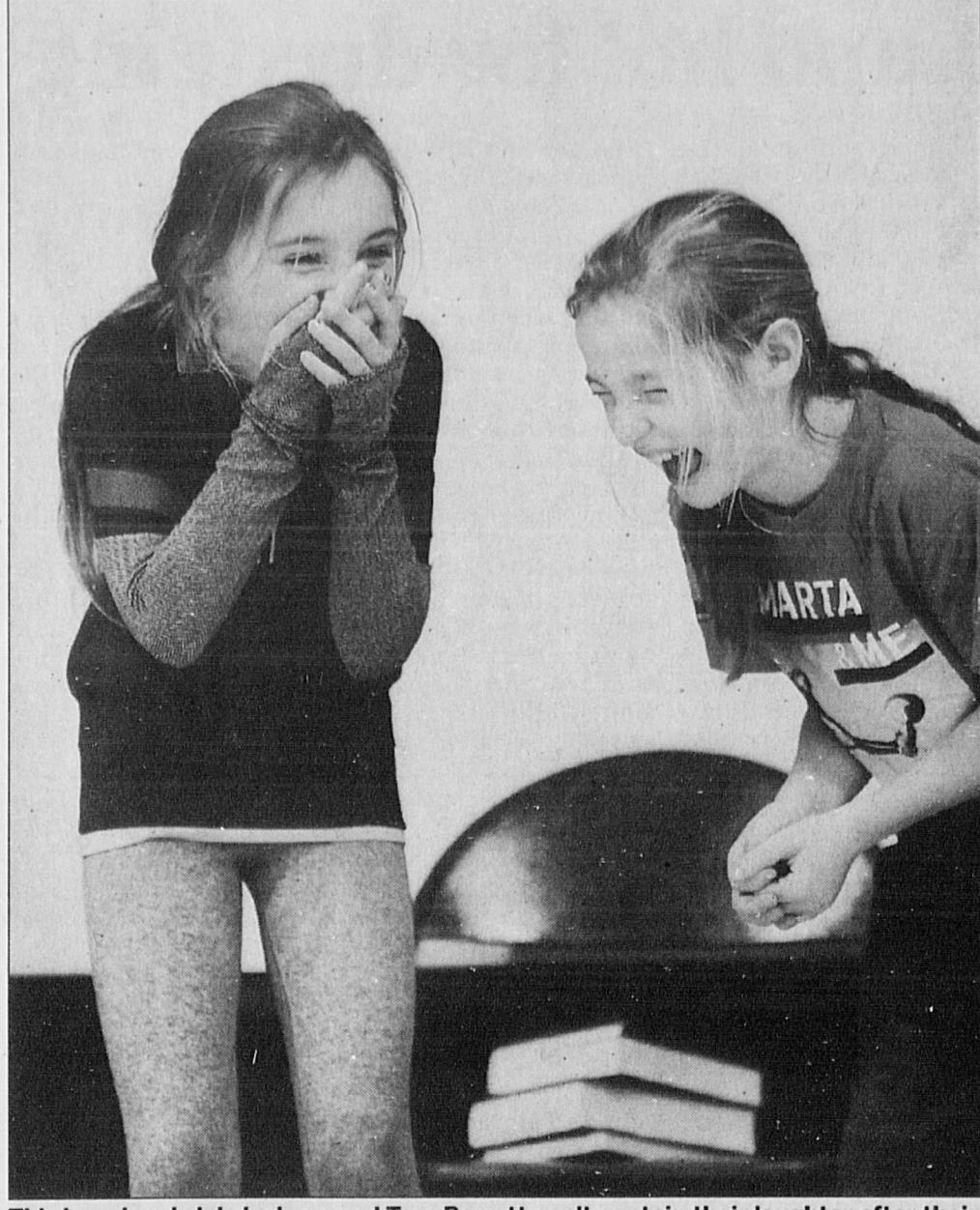
Second grade teachers Sarah Cucinatto and Karen McDavitt laugh while watching themselves and the other teachers dance in the video they made for the kickoff event for the Readathon.



Above: Third graders Grace Rogers, Santana Pina, Reggie Lainier, Brenna Kane, Riley Seaborn, and Abbie Goff perform to the music of the Whip Ne Ne.



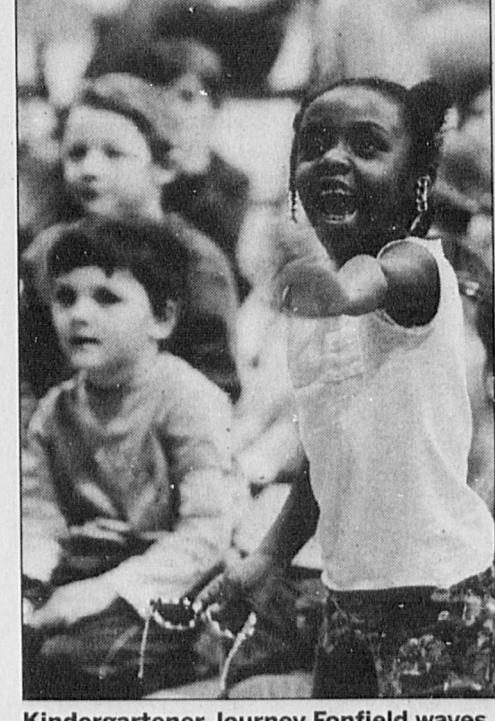
The students from the Deer Hill School end the assembly by singing "Pages of a Book".



Third graders Lylah Jackson and Tess Barrett can't contain their laughter after their classmate, Max Crews, did a split in a Minion costume during their skit at the Readathon kickoff event at Deer Hill on Friday, Jan. 29. The skit was written by Brin Abate and Ella Otfinoski.



Third graders Grayson Corbett and Carter Carroll dance to the song, Pages of a Book, during the final performance at Deer Hill.



Kindergartener Journey Fonfield waves hello to a lion who entered the gymnasium for the Readathon assembly.



Fifth graders Phoebe Sullivan and Morgan Ferreira sport mustaches while holding the sign for Mr. Lewis' class.



First graders reach out to touch the costume worn by Osgood principal Robert LeCount after the Readathon assembly.



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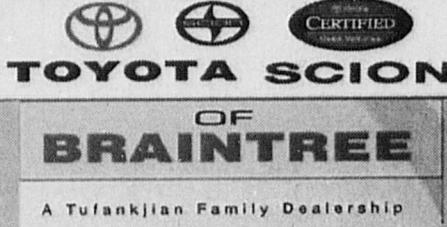
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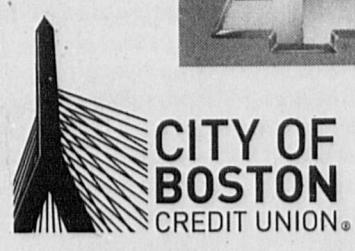

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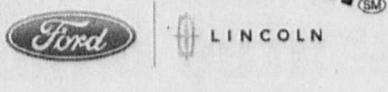

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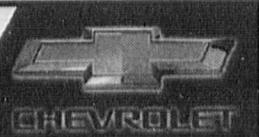
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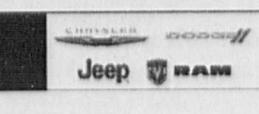
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OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

Tax law came from the people

Prop. 2-1/2

Property tax levy: The amount a community can raise through property taxes.

Levy limit: A community's levy is constrained so it can only increase a certain amount from year to year, known as its levy limit.

Override: Allows a community to assess taxes in excess of the automatic 2-1/2 percent annual increase through a simple majority ballot vote. An override allows a community to permanently increase its levy limit.

New growth: Allows a community to increase its levy limit annually by an amount based on the increased value of new development and other growth that is not the result of revaluation. No ballot vote required. New growth is calculated by multiplying the increase in the assessed valuation of qualifying property by the prior year's tax rate.

SOURCE: MASSACHUSETTS DEPARTMENT OF REVENUE.

nevertheless, we think Prop. 2-1/2 is a good thing because it makes government fiscally accountable.

In Cohasset the Board of Selectmen have the sole power to put a Prop. 2-1/2 ballot question on the ballot. Here, an override is a two-step process with a Town Meeting vote first and then voting at the polls.

We think, as citizens and homeowners, it is crucial that we understand Prop. 2-1/2 is not an enemy to government but a control mechanism.

Barbara Anderson, executive director of Citizens for Limited Taxation, has said, "Before Prop. 2-1/2, government thought it was entitled to just take instead of ask."

For many of us, a large portion of our hard-earned dollars pay for the privilege of living in our town. So it's incumbent on us to understand the laws that govern our property taxes, so we can make a fair determination when an override is proposed.

Cohasset Mariner

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HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.

Open and Shut



LETTER

Opposed to taxpayer money for church property

The request by Second Congregational Church for \$187,000 in taxpayer money is a bad idea and should be rejected.

These private property owners (valued at \$1.5 million and no mortgage) should take care of their own property. They already get many town benefits and services, yet pay no real estate

Taxes like the rest of us (a \$20,000 a year taxpayer subsidy).

Cohasset has many other critical needs and limited funds, from infrastructure and open space, to recreation and affordable housing for our Veterans and Seniors, all which actually have widespread community benefits. The religious

aspect violating the Massachusetts Constitution makes this that much worse.

As congregation memberships shrink and support by its own members lag, these requests for government aid will only increase. Considering this sets a bad precedent and more will follow. It is not a significant town resource

and benefits only a few.

Let's keep government out of religion, and private property owners out of taxpayer's pockets. Try this the old fashioned way... their own members, voluntary donations/fundraising and I will be the first to write a check.

Howie Altholtz
Woodland Drive

PUSHING THE EDGE

... And the home of the brave

This Sunday hundreds of millions of Americans will be huddled around big screen televisions to watch the Super Bowl 50. Around 6 p.m. attention will move to the field for the coin toss and then the national anthem. The crowd will come to silence but then start cheering as the final stanza is sung.

O say, does that star-spangled banner yet wave O'er the land of the free and the home of the brave?

This year those words hold special meaning for Hingham residents as we mourn the death of

Marine Corps Cpl. Christopher Orlando and celebrate the return of Matthew Trevithick, who was held in a prison in Iran for 40 days.

Cpl. Christopher Orlando was killed in a



GLENN MANGURIAN

This year those words hold special meaning for Hingham residents as we mourn the death of Marine Corps Cpl. Christopher Orlando and celebrate the return of Matthew Trevithick, who was held in a prison in Iran for 40 days.

January 14th midair collision of two helicopters off the coast of the Hawaiian island of Oahu. There has been an outpouring of support for the Hingham family of Christopher honoring the sacrifice of a young man who lost his life while serving his country.

Matthew Trevithick returned home to Hingham to the relief of his family and our entire community. Matt traveled to Iran in September for a four-month intensive program at a language center affiliated with Tehran University. It is

unclear why he was taken into custody and held in Evin Prison for more than a month.

Both of these young men provide special meaning to the words "home of the brave". For most of us, war is an abstraction — something we hear about on television and read about in the newspapers. Being arrested and sitting in a foreign prison takes place in movies. But war is real and Americans are unjustly arrested abroad. In comparison Hingham is an idyllic place where we are free to watch

football on a Sunday evening among our friends and in the safety of our homes.

So as we listen to the final stanza of our National Anthem, let's not take our freedom lightly and remember, this is the "home of the brave."

—Glenn Mangurian is a Hingham resident of 30 years. He spends his time consulting, teaching leadership and writing to provoke thinking. He welcomes your comments and can be reached at gmangurian@frontierworks.com

ELECTION

Absentee ballots available for primary

Absentee ballots for the presidential primary scheduled for March 1 are now available at the Town Clerk's Office, 41 High-Land Ave.

Only those voters who will be absent from Cohasset during polling hours, or who may have a physical disability, or

whose religious beliefs prevent them from coming to the polls, may vote absentee.

To obtain an absentee ballot, residents must fill out an application with a valid signature for each voter, along with the address as to where the ballot should be mailed.

Residents can obtain an absentee ballot application online at mass.gov or at the Town Clerk's office.

The Town Clerk's office is open from 8:30 a.m. to 4:30 p.m. Mondays, Wednesdays and Thursdays, from 8:30 a.m. to 7 p.m. Tuesdays, and from 8:30 a.m. to 1 p.m. Fridays.

All absentee ballots must be applied for before noon Feb. 29. On this day the Town Clerk's office will close to the public at noon to prepare for this election.

For information, call the Town Clerk's Office at 781-383-4100, ext. 106.

TOWN CLERK

Election calendar for 2016

Be advised that Massachusetts General Law, chapter 40A, section 11 prohibits public hearings of the Planning Board, Zoning Board of Appeals

and State Housing Authority for Low Income meetings.

The Elections Division strongly discourages any board of committee from

meeting during the polling hours, as it puts voters in a potential conflict situation between voting and attending public meetings.

The following dates and times comprise the 2016 election calendar: 7 a.m. to 8 p.m. March 1, April 12, May 10, May 14, Sept. 8 and Nov. 8.

HEALTH NOTES

February is Heart Health Month

By Susan Sarni

Cerebrovascular Disease: Stroke

Cerebrovascular Disease or Stroke is a vascular disease. Arteries that supply oxygen to the brain are affected resulting in cerebrovascular disease. The most common is a stroke and high blood pressure is a contributing cause of this disease. A rise in blood pressure can cause tears in the vessels which can lead to bleeding inside the skull.

Cohasset residents have a 10 percent higher rate of cerebrovascular disease than the state average. Breaking this down by gender, men have a 5 percent higher rate and women a 15 percent higher rate when compared to the state average.

Acute Myocardial Infarction: Heart Attack

Acute myocardial infarction is a heart attack. This occurs when blood flow is stopped to the heart which damages the heart muscle. This is often felt on the left side of the chest and may feel like heartburn. This chest pain may also travel to the shoulder, arm, back, neck or jaw. Remember FAST: Face drooping, arm weakness, speech difficulty, call

Cohasset women have a 43 percent higher rate of heart attacks when compared to the state. Cohasset men are 20 percent lower than the state average.

911. Cohasset women have a 43 percent higher rate of heart attacks when compared to the state. Cohasset males are 20 percent lower than the state average!

Heart Attack Signs in Women

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

if you have any of these

signs, call 9-1-1 and get to a hospital right away.

To reduce your risk of heart disease

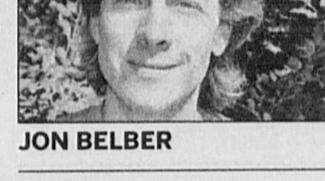
- Eat a healthy diet and try a variety of fruits and vegetables. Think about planting a garden this spring. There are many greenhouses and farms in our area that can help you get started. If space is an issue, try planting some vegetables in a container. See our website on successful container garden ideas and seed catalogs.
- Avoid processed meats, refined carbohydrates (white bread, white rice and low fiber cereals), soft drinks and sugary beverages.
- Start a regular exercise regimen. Join a local gym or get out and go for a walk around the neighborhood.

Taking the above steps to a healthier life style will prevent heart attacks and strokes. Check out our website for some helpful ideas: cohassetma.org//pages/departments/health-department.php

—Susan Sarni is the Cohasset Director of Public Health.

GROWING ON THE FARM

Sowing seeds of spring



JON BELBER

Now full, and beginning to wane, the march toward spring can continue.

With daylight creeping slightly longer each day, one can think about well-lit windows and toiling one's fingers in the soil again, although I just feel now that there is no more dirt under the nails and the oft-dirty knees are just about scrubbed clean.

With these hands and strong eyes, I can spread out the seed catalogs on a long desk or call up the information on dueling computer screens. A little bit of snow here in New England does not keep me too busy shoveling, so I can instead sift through the endless comparisons of High Mowing, Fedco and Johnny's (no relation).

Each seed company has a slight variation on a theme, which is organic, fairly saved and non-modified seed for the coming growing year. This does not include the seeds I set to dry from the recent autumn collection. This past October through December, the birds did not take all the sunflower seeds from the mammoth head, nor did I eat all the green beans on the vine and many a dried cilantro flower makes for terrific coriander seed. For what the farmer can save, saved seeds could add up at this time when relatively inexpensive seeds begin to add up.

These three seed companies, to select just a few of the environmentally conscientious seed savers

and cooperatives, each hail from New England and offer a chance for bulk ordering, free delivery and early order deadline incentives.

There are many other smaller, even more thoughtful organizations and non-profits that spend a great deal of time to save, protect and gently sell their favorite, heirloom variety, but with these three as an example, the farmers have a heck of a time figuring out which seed to order, how many and for what purpose.

For not every seed will grow, so one has to leave a little up to the reality of whether or not a seed will germinate (fancy term for sprout, in a visible manner to the naked eye). Each seed packet will give a best guess prediction as to what percent chance a seed has to grow.

For now, the farmer and grower must carefully read the small paragraph detailing how well a seed variety did in a certain climate.

How will the seed thrive, if rotated to a different spot in the garden? What the temperature of the soil is will help indicate possible success. How many bed feet does one need to sow? How many grams of seed will be enough for the garden bed or the farm row? Perhaps

the seed grower wishes to sprinkle lettuce seed in April, May, June and July, how many seed then?

These deliberations are fine, tedious activities while the wolf moon waxes and wanes and the cold temperatures rise and fall. Radish, beet, carrot and potato, leek nasturtium. There are many seeds to buy and large graph paper sheets to complete all while figuring out which beds to plant and grow.

The best-laid schemes of farmers, men and women are just that, schemes, while winter wends its way through the barnyard. The farmer cannot sell the root crops, tubers, flowers or herbs yet. We must wait until the greenhouse is warm, the light of day is long and the ground is workable.

The livelihood is on hold until folks are ready for produce and crops. While waiting, we feel the barn to grow, but must wait. Until then, we pour over the words of nearby growers, stay warm and wait for the commerce of organic farming to take hold.

Reading, thinking and ordering—plenty of work before the hard work of the growing season begins in earnest.

—Jon Belber is education director at Holly Hill Farm in Cohasset. He teaches students and adults about organic gardening and farming. He can be reached by email at jbelber@hollyhillfarm.org. For information on upcoming programs at Holly Hill, visit: hollyhillfarm.org.

TOWN CLERK

Register to vote in primary

The Cohasset Town Clerk's Office will be open for voter registration from 8:30 a.m. to 8 p.m. Feb. 10 at 41 Highland Ave., Cohasset.

Residents who wish to vote in the March 1 presidential primary must be registered to vote or

change party affiliation by that date.

Only those not registered to vote in Cohasset, or those who have moved from one address in Cohasset to another or wish to change their party enrollment, will need to register.

Voters enrolled as "Unenrolled" will remain so after choosing a ballot at the polls. Voters enrolled in a Political Designation will be able to vote in the presidential primary.

For information: 781-383-4100, ext. 106.

LIFE AT CHS

Drama, sports, journalism, and a super semi-formal

With the brand-new semester underway, Cohasset High School is back in the throng of activity. Mr. McCabe and Mr. Fish have finished teaching their senior classes Shakespeare's "Hamlet," and the first few lines of the "to be or not to be..." soliloquy are etched into our minds. Permanently. Though lacking in snow, this past week has been productive — between preparations for the Festival one-act play and more successes for our sports teams, we've had a good one.

Winter Semi was an absolute blast! Everybody was dancing, everybody was smiling and everybody was using the photo booth set up by Mr. Craig.

Winter Semi was an absolute blast! Everybody was dancing, everybody was smiling and everybody was using the photo booth set up by Mr. Craig.



BECCA FREDEY

Valentine's Day is fast approaching, a mere nine days away (which means I'm 10 days away from some half-priced chocolate). This, however, means that time is running out for the staff of the Spinnaker! With a target release date of Friday the 12th, the last school day before all the red roses and large teddy bears, the Editors-In-Chief are working hard to piece together another month's worth of articles and pictures.

The Spinnaker is a great opportunity for students — not only does it fluff up a college application, it also gives students practice in their writing skills and their fluency in receiving constructive criticism. Anyone at Cohasset Middle High School can contribute — yes, even the middle school students — and are urged to attend meetings and sign up for the email notifications for the group. A meeting was held last Wednesday to rally the section editors and writers, putting the process well underway.

Another staple of this time of year is the basketball games. Both the boys' and girls' teams have been doing great thus far in their season. The boys' team currently holds a 7-5 record for the season, however suffered a rather disappointing game against Norwell on Tuesday night. Tonight they are offered a chance at redemption, though, so go support your Skippers! The Cohasset swim team dominated at their meet this past Tuesday against North Quincy, coming up with victories for both the boys' and girls' team and upholding the victory march the swim team has been boasting all season long!

Hint: you don't want to

be raising your hand in this situation. Our History Department has done well in educating their students on the ins-and-outs of the government system. Though no one pretends to understand every political move, a curriculum based in Law, U.S. History, Economics and even going back to the roots with European History, has helped students gain a comfortable understanding of many of the issues being argued in today's political debates. The senior class is particularly grateful for this, as many of us will be eligible to vote in the primary election in the following months.

Though our first semester only just ended, the students of CHS can't help but feel as though school year is flying by; between the upcoming February break and the end of the college application process, there's a mixed sense of relief and confusion; what is there to do if not supplement essays? Could the seniors of CHS possibly have time to — hold onto your newspaper, here — hang out with their friends?! Or relax?! I guess we'll see what the next week brings.

—Becca Fredey is a senior at CHS and weekly columnist for the Mariner. Her *Principles of Finance* class this semester, though informative, is stressing her out and making her realize she's dangerously close to being an adult.

LIBRARY CORNER

Save the date: Sunday Author Talks

Paul Pratt Memorial Library, 35 Ripley Road. Call 781-383-1348 for more information or visit cohassetlibrary.org.

NEW MUSEUM PASSES:

Thanks to the generosity of the Friends of the Cohasset Library, Cohasset library cardholders now have access to two new passes. Explore the many properties at the Mass Audubon Wildlife Sanctuaries, Nature Centers, and Museums or gather the gang and have fun at The Hall at Patriot Place. Details of both passes are on the website. Reservations may be made online or by calling the circulation desk.

SUNDAY AUTHOR TALKS:

Sue Miller will talk about her book "The Arsonist" at 4 p.m. Feb. 28. A wine and cheese reception and book signing will follow the talk. Free admission. Seating is limited. Sunday Author Talks series is sponsored by Dean & Hamilton Realtors.

LIBRARY KIDS

Drop-In Crafts at 1 p.m., Thursdays

Paul Pratt Memorial Library, 35 Ripley Road. Call 781-383-1348 for more information or visit our website at: cohassetlibrary.org.

Programs**DROP IN CRAFTS:**

Between 10:30 a.m. and 1 p.m. Thursdays

MAMASTEPH:

10:30 a.m. Mondays, Feb. 8, 22 and 29

LEGO CLUB:

4 p.m. Mondays, Feb. 8 and 22

PUPPET STORY TIME WITH LEIGH AND FRIENDS:

10:30 a.m. Feb. 9 and 23

PARTNER READING WITH SOPHIE THE THERAPY DOG:

4-5 p.m. Feb. 9 and 16

STORYTIME WITH MRS. MOODY:

10:30 a.m. Feb. 16

Special Events**RAISING A READER WITH BIG RYAN'S TALL TALES:**

1 p.m. Feb. 8 and 10. All caregivers and their children, ages 3 to 5 years-old, are welcome to participate in this series on making stories and language come alive. It will take place in the Story Room. It is sponsored by the South Shore Community Action Council. Register online at cohassetlibrary.org.

BUILD IT!

10:30 to 11:30 a.m. Feb. 17. Join the Children's Museum in the Meeting Room, to explore structures and stability, designs and construction. For ages 4 and older. Attendees will experiment with a range of different materials to solve engineering problems and build some cool structures. Register online at cohassetlibrary.org.

1000 BOOKS BEFORE KINDERGARTEN:

Accept the challenge. Registration forms and reading logs available in the Children's Room. For more information: 1000booksbeforekindergarten.org/1000-books-before-kindergarten-program.

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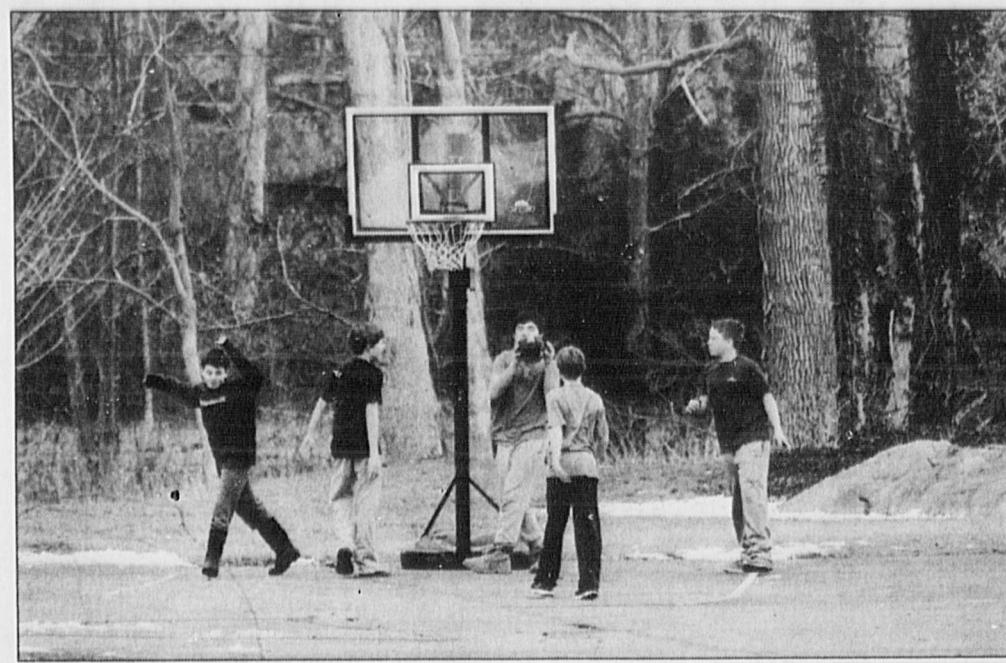
change party affiliation by that date.

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For information: 781-383-4100, ext. 106.

Spring in their step



It was T-shirt weather last week for these boys shooting hoops along Black Horse Lane. WICKED LOCAL PHOTO CHRIS BERNSTEIN

CANDIDATES CORNER

Baker endorses O'Connor for state senate office

Gov. Charlie Baker formally endorsed Patrick O'Connor Feb. 3 at an event at the Weymouth Sons of Italy Lodge.

O'Connor, a candidate for State Senate in the Plymouth and Norfolk district, currently serves as President of the Weymouth Town Council and

was former Sen. Bob Hedlund's Legislative Director at the State House for eight years.

"Governor Baker has shown extraordinary vision and leadership during his first year in office," O'Connor said. "He is someone I genuinely admire and look forward

to working with. I am confident that together we can address the opiate epidemic, transportation issues, tragic shortfalls within Department of Children and Families, and responsible government spending," he said.

TOWN CLERK

Positions available for town election

Nomination papers for the annual town election to be held May 14 will be available Feb. 8 at the Town Clerk's Office, 41 Highland Ave.

The last day to obtain nomination papers will be March 24. Last day to submit nomination papers to the town clerk for certification is March 28. In order to hold an elected office, a nominee must be a registered voter of the town. Note that nominees are not running for office

until papers are taken out and the board of registrars certifies signatures.

The following positions are available:

- Selectmen for three years (2);
- School committee for three years (2);
- School committee for one year to fill an unexpired term (1);
- Trustees Paul Pratt Memorial Library for three years (3);
- Assessor for three years (1);

■ Board of Health for three years (1);

■ Cohasset Housing Authority for five years (1);

■ Planning Board for five years (1);

■ Planning Board associate member for three years (1);

■ Recreation Commission for five years (1);

■ Sewer Commission for three years (1);

■ Water Commission for three years (1).

POLITICS

Gannon opposes rail fare increase

Senate candidate Paul Gannon called for commuter rail lines to be exempted from the fare increases being considered by MBTA officials. Gannon said rail commuters have been burdened with steep increases over the last decade, and further fare increases would reverse recent ridership gains on the Greenbush Line.

Gannon pointed to a Pioneer Institute study from 2013 that showed the MBTA commuter rail system as the only one in the country to lose riders in the 10-year period from 2003 to 2013. But the MBTA restored weekend service to the Greenbush Line in December 2014

due to increased demand, showing positive ridership results.

"Alternative modes of transportation available to South Shore residents like Greenbush help ease congestion on an already crowded Route 3," said Gannon. "At a time when plummeting gas prices are making commuters think about driving to work again, another rail fare increase will push them even further in that direction."

The Pioneer study showed during that time, the commuter rail system increased fares more than any other similar-sized system in the country. In 2010 one-way fares on the Greenbush line cost \$4.75

to \$6.75, with monthly passes ranging from \$151 to \$223. Today the cost is \$5.75 to \$9.25 and for monthly passes \$182 to \$289, depending on where passengers board.

The Governor recently expressed support for House Ways and Means Chairman Brian Dempsey's statement that the FY 17 Budget would not include new taxes or tax increases, Gannon said that type of fiscal restraint should be extended to state controlled commuter fares.

"I think we need to be as concerned about raising commuter rail fares as we are on new or higher taxes," said Gannon.

ASSESSORS

Real Estate Tax Exemptions

Cohasset Board of Assessors Office is accepting applications for fiscal 2016 real estate tax exemptions. The qualification date is July 1, 2015, for all statutory exemptions. The deadline for filing is March 31, 2016. If you have filed for exemption since July 2015, it is not necessary to file again. The following exemptions are available:

Persons Over 70 Years of Age: \$2,000.00 off. Clause 41C – if annual income is less than \$20,000 (single person) or \$30,000 (married couple), and the value of your assets, excluding your home, is less than \$40,000 (single person) or \$55,000 (married couple) and must own and occupy for previous 10 years.

Surviving Spouse: No

age requirement. \$350 off. Clause 17D – also minors of deceased parents and persons older 70 years of age. There is no limit on income, but the value of your assets, excluding your home, must not exceed \$40,000 and must own and occupy for previous five years.

Disabled Veteran: \$800 off. Clause 22 – At least 10 percent disabled as determined by the Veterans Administration. Purple Heart Award recipients qualify, as well as Congressional Medal of Honor, Distinguished Service Cross, Air Force Cross, Navy Cross. Other exemptions are available for more seriously disabled veterans and paraplegic veterans. Veteran must have been a Massachusetts resident six months

prior to enlisting or live in Massachusetts for five consecutive years.

Blind Person: \$875 off. Clause 37 – Must be registered with Massachusetts Commission for the Blind.

Tax Deferral: All or part of the tax. Clause 41A – Applicant must be 65 years of age as of July 1, 2015, with income less than \$51,000 and must have resided in Massachusetts for the preceding 10 years. All or part of the tax may be deferred. (Effective 2007 the interest rate has been reduced to 4 percent.)

Exemption forms are available at the Assessors' Office in the Town Hall, Floor 2B. For more information, call the Assessors' Office at 781-383-4114, ext. 124.

COH

Beacon Hill Roll Call

By Bob Katzen

bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

Volume 41 -
Report No. 4
January 25-29, 2016



Senator
Robert L. Hedlund
(R-Weymouth)
617-722-1646
Room 313C

Representative
Garrett J. Bradley
(D-Hingham)
617-722-2520
Room 479

THE HOUSE AND SENATE: Beacon Hill Roll Call records local representatives' and senators' votes on roll calls from the week of January 25-29.

HEALTH DISPARITIES (H 3969)

House 152-3, approved and sent to the Senate a bill creating a state Office of Health Equity to coordinate an effort to eliminate racial and ethnic health and health care disparities. The office would set goals for the reduction of disparities and prepare an annual plan to accomplish its goals.

Supporters said minorities still have disproportionately higher rates of chronic disease and mortality than other persons. They noted that families that earn \$40,000 or less are twice as likely to have diabetes as families with incomes of more than \$75,000 annually. They argued the bill would help save and improve lives.

Opponents said this is "feel good" legislation that expands bureaucracy and the cost of state government.

(A "Yes" vote is for the bill. A "No" vote is against it.)

Rep. Bruce Ayers Yes

Rep. Garrett Bradley Yes

Rep. Thomas Calter Yes

Rep. James Cantwell Yes

Rep. Mark Cusack Yes

Rep. Josh Cutler Yes

Rep. David DeCoste No

Rep. Angelo D'Emilia Yes

Rep. Geoff Diehl Yes

Rep. Michelle DuBois Yes

Rep. William Galvin Yes

Rep. Susan Gifford Yes

Rep. Generic Yes

Rep. Randy Hunt Yes

Rep. Louis Kafka Yes

Rep. Ronald Mariano Yes

Rep. Christopher Markey Yes

Rep. Matthew Muratore Yes

Rep. James Murphy Yes

Rep. William Straus Yes

Rep. Walter Timilty Yes

PROHIBIT MINORS UNDER 18 FROM TANNING INDOORS (S 1994)

House 147-8, approved and Senate approved on a voice vote without a roll call and sent to Gov. Charlie Baker a bill that would prohibit anyone under age 18 from operating or using an indoor tanning device. Current law prohibits teens age 16 and 17 from indoor tanning without parental permission and bans anyone under age 16 from indoor tanning.

Supporters said these booths are dangerous and increase by 75 percent a person's chance of getting melanoma, a dangerous and sometimes fatal skin cancer.

They said that while adults can make their own decisions, it is the state's job to protect children.

Opponents said this is another example of government intrusion into what should be a decision made by parents. They warned against a slippery slope in which children under 18 are banned from eating things like fast food and junk food, which often lead to health problems.

(A "Yes" vote is for the bill. A "No" vote is against it.)

Rep. Bruce Ayers Yes

Rep. Garrett Bradley Yes

Rep. Thomas Calter Yes

Rep. James Cantwell Yes

Rep. Mark Cusack Yes

Rep. Josh Cutler Yes

Rep. David DeCoste No

Rep. Angelo D'Emilia Yes

LOBSTERS (S 469)

Senate 36-0, approved and sent to the House a bill that would eliminate some of the age-old restrictions on the processing and sale of lobster in Massachusetts. Currently, the state allows only the sale of live, cooked and canned lobster. The bill would permit the processing of unfrozen lobsters, the importation of unfrozen shell-on lobster parts and tails and the retail of previously frozen raw shell tails.

Supporters said the bill would allow more lobsters currently harvested and purchased here to be prepared for market in the Bay State rather than in Canada where the processing is currently done. They argued this will help the economy, create jobs and help lobstermen, processors, local restaurants and food stores.

(A "Yes" vote is for the bill.)

Sen. Michael Brady Yes

Sen. Viriato deMacedo Yes

Sen. Brian Joyce Yes

Sen. John Keenan Yes

Sen. Mark Montigny Yes

Sen. Marc Pacheco Yes

Sen. Michael Rodrigues Yes

PAY EQUITY (S 2107)

Senate 37-0, approved and sent to the House a bill that would strengthen the Bay State's pay equity law by closing the wage gap between men and women doing the same job. The measure requires that women be paid equal pay for comparable work, establishes pay transparency, prohibits screening of prospective employees based on salary history, requires fairness in hiring practices and increases fines for violations.

Supporters said it is far past time to approve this historic bill and noted women comprise 50 percent of the workforce yet make only 80 cents for every dollar earned by men. They argued that if the proposed law is not approved, the gender wage gap in Massachusetts will not close on its own until 2058.

(A "Yes" vote is for the bill.)

Sen. Michael Brady Yes

Sen. Viriato deMacedo Yes

Sen. Brian Joyce Yes

Sen. John Keenan Yes

Sen. Mark Montigny Yes

Sen. Marc Pacheco Yes

Sen. Michael Rodrigues Yes

CLIMATE CHANGE (S 2092)

Senate 36-0, approved and sent to the House a bill designed to reduce greenhouse gas emissions and develop a long-term action plan to address the consequences of climate change in the Bay State. The measure requires the reduction of greenhouse gas emissions by 25 percent below 1990 levels by 2020; 35-45 percent below 1990 levels by 2030; 55-65 percent below 1990 levels by 2040;

and 80 percent below 1990 levels by 2050. Another provision requires the state to develop a comprehensive plan to protect and ensure the preservation, protection and restoration of the state's "built and natural environment" from the risks of climate change. The plan, updated every ten years, also authorizes the state to buy back at-risk coastal land from current owners for preservation.

Supporters, noting that 2014 was the warmest year on record, said that this landmark pro-environmental legislation creates a long-term strategy to deal with the realities of the earth's changing climate. They noted it would increase the state's use of cleaner, renewable energy and create an innovative climate policy that strengthens the environment, infrastructure and the economy. They argued that the bill would help put Massachusetts on track to meet the 2050 statewide greenhouse gas emissions limits already in place through the Global Warming Solutions Act.

(A "Yes" vote is for the bill.)

Sen. Michael Brady Yes

Sen. Viriato deMacedo Yes

Sen. Brian Joyce Yes

Sen. John Keenan Yes

Sen. Mark Montigny Yes

Sen. Marc Pacheco Yes

Sen. Michael Rodrigues Yes

COST-EFFECTIVENESS (S 2092)

Senate 10-26, rejected an amendment requiring that the plan to address climate change be cost-effective.

Amendment supporters said this fiscally responsible amendment would ensure that the plan would make fiscal sense and not waste money. Amendment opponents said there are already provisions ensuring cost-effective provisions in the plan and argued the amendment was unnecessary and divisive.

No curbing crashes along Route 3A

By Chris Burrell

Cohasset police responded to 103 crashes and collisions on their side of the highly-trafficked business corridor last year, a 45 percent increase from the 71 accidents in 2011, and up 28 percent from the 80 crashes in 2014.

Accidents injured 78 people in the 5-year span between 2011 and 2015 and killed at least four people in the last decade, local police said. The majority of the 3-mile corridor sits in Cohasset.

Regional traffic planners are designing fixes for the most dangerous stretch of Route 3A – from the Scituate line north to Beechwood Street – but the estimated \$4 million project won't be eligible for funding until sometime after 2020, state transportation officials said last Friday.

Brian Joyce, Cohasset's director of project management and planning, said the project needs approval for the Transportation Improvement Program (TIP) and funding through the Boston Region Metropolitan Planning Organization.

"It's a state road. We are not in the driver's seat," he said, expressing frustration. "We need to get higher on the priority (list) to get that project going sooner than later."

As the towns play a waiting game, development in recent years has intensified traffic along the 3 miles of Route 3A. Between 15,500 and 22,000 vehicles per day travel the commercial corridor, according to data collected in 2013.

Traffic has increased

with the housing development at Avalon and a sports complex on Crocker Lane," said Cohasset police Sgt. Jeffrey Treanor, head of the department's traffic safety enforcement. "You used to have lulls, but it's busy all day long now."

Treanor stood by the Gulf gas station and market where Route 3A crosses Beechwood Street and called it "ground zero" for crashes. The 2014 Metropolitan Planning Organization traffic study found the crash rate there was almost twice the average for this region with a "relatively high proportion of crashes causing injuries" – 25 percent.

"This is one of the most dangerous intersections in this part of southeastern Massachusetts," Treanor said last Thursday afternoon (Feb. 4) as he watched an SUV turn left from the gas station and narrowly dodge two lanes of fast-moving northbound traffic.

The \$4 million project recommended by the 98-page traffic report would add a turning lane and new signal lights at this intersection and force vehicles exiting the Gulf station to turn right.

Posted speed limits on the northbound road increase from 35 miles per hour to 50 miles per hour and then go down to 45. Recommendations include dropping the top speed limit to 45 miles per hour and consolidating driveways.

Route 3A has no sidewalks. Planners have called for building sidewalks to encourage non-motorized traffic – pedestrians and bicyclists – to the businesses and conservation properties



A tractor-trailer makes its way through the Beechwood Street/Route 3A lights. WICKED LOCAL PHOTOS BY GREG DERR



The Beechwood Street intersection with Route 3A is one of the most crash-prone along the state highway.

along 3A.

All the proposed improvements need to be coordinated, not done as "piecemeal fixes," said Joyce.

Meanwhile, motorists said they would welcome any action to make the heavily-trafficked artery safer.

"You pull out (onto 3A)

and just hope you can get across," Christine Pearsall said last week as she walked to her minivan parked in the Gulf station lot. "We're forever watching accidents here."

"It's a nightmare," said Nick Welz, who stopped for gas at the Gulf station and lives near the intersection.

"Emergency vehicles fly down here all the time (to accidents.) We tell my mother-in-law to avoid the Beechwood intersection at all costs."

Welz grew up in Cohasset and said simply, "The South Shore has outgrown Route 3A."

Treanor agreed.

By The Numbers

- 389 crashes counted by Cohasset police along Route 3A between 2011 and 2015.
- 20 percent of those crashes caused injuries.
- 68 percent were rear-end or angle crashes.
- .77 crashes per million entering vehicles is the average crash rate in southeastern Massachusetts.
- 1.53 crashes per million entering vehicles is the crash rate at the Beechwood Street intersection with Route 3A.

Source: Boston Metropolitan Planning Organization and Cohasset police.

"Route 3A is not designed for this amount of traffic and the amount of exits and entrances for businesses," he said. "This is one of the most heavily patrolled roads we have."

—Reach Chris Burrell at cburrell@ledger.com or follow on Twitter @ Burrell_Ledge

FINEST HOURS

By Ruth Thompson
rthompson@wickedlocal.com

Wayne Higgins still remembers that night in February 1952 when two commercial tankers, the SS Fort Mercer and the SS Pendleton, each broke in half during a nor'easter off the coast of Cape Cod.

Higgins was 21-years-old and aboard the U.S. Coast Guard cutter, Yakutat.

"It was a bad storm," recalled Higgins, who grew up in Cohasset and graduated from Scituate High School in 1948. "The waves came up over the boat."

The rescue operation that would save the lives of the men from the sinking vessels was chronicled in the book, "The Finest Hours," written by Casey Sherman and Mike Toulias, and then a Disney film of the same name. The movie hit theaters Jan. 29.

Higgins, who is mentioned in the book, played an integral role in the rescue of the last men left on the Mercer.

"There originally were nine men remaining on the Mercer," Sarah Lannon, Higgins' step-daughter, said.

Of the nine men, five died, but the others were rescued thanks in part to Higgins.

"One man slipped and fell into the ocean, one tried to swim to the Yakutat, and three jumped to the first lifeboat, but did not make it," she said.

Another four were rescued – two in a wooden lifeboat that smashed into the Mercer, a collision that put a hole in the boat, but they still made it to the Yakutat.

That left two men stranded on the Mercer.

With waves exceeding 60-feet, the Yakutat backed off for the night,

Higgins, who had served in the U.S. Navy prior to entering the Coast Guard, never considered himself a hero for the rescue of the men off the Mercer.

hoping to discourage the rest of the men on the Mercer from making an attempt to swim to the cutter.

Early the next morning, as the bow of the Mercer tilted upward in the water, the men made a rescue plan to shoot a line with a raft secured to it from the Yakutat to the Mercer.

"Wayne was the shooter," his wife, Sandra, explained. "He had only one shot."

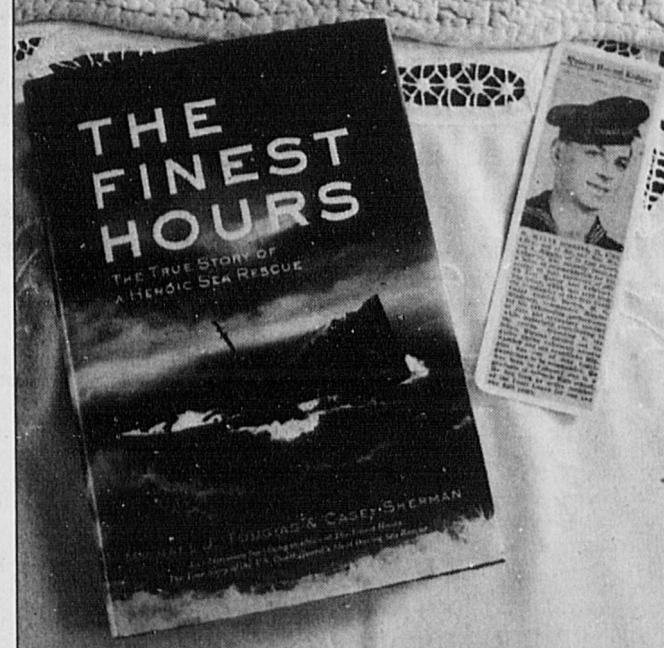
In "The Finest Hours," the authors explain the Yakutat needed to get as close to the Mercer as possible, but the Mercer was swinging and pitching so wildly that the captain of the Yakutat dared not get too close.

"The men on board the cutter watched silently as the shooter, Wayne Higgins, prepared to fire the line," it states in the book.

Higgins, now 85, recalled having to stand at the very top of the bow of the Yakutat.

"There was a storm but I knew I had to get the line across," he said. "I had to be careful not to slip on the ice. I had to get that shot right. The boat was still moving. I had to wait for the right moment. If I didn't get it, those last two guys wouldn't have made it."

Higgins, an expert marksman, had to send over a life raft by shooting a messenger line gun, which the book explains as a modified Springfield



Wayne Higgins was a member of the Coast Guard crew that was involved in the rescue mission off of Chatham that is depicted in the book and movie, "The Finest Hours." A clipping from The Patriot Ledger from June 4, 1952 reports on a letter of commendation he received for the rescue mission. WICKED LOCAL STAFF PHOTOS/ROBIN CHAN

rifle with a grenade charge that would fire the projectile, an 18-inch steel rod inserted in the gun's barrel.

On the end of the rod, protruding from the rifle barrel, was a 13-ounce brass weight with a small circular eye attached to it, and tied to the eye was a thin messenger line. This extended back into a canister about 8 inches long, mounted on the gun's barrel. The line was coiled inside the canister, ready to be taken across the sea when the projectile was fired.

"He had to use both hands to fire the gun and the bow was complete ice," Lannon said. "He had to let go of the rail; he could not hang on and thought for sure he was going to go overboard."

Higgins made the shot on the first try, successfully sending a raft to the men on the sinking Mercer.

"The last two remaining men still had to jump into the icy water, but they made it to the raft," Lannon said. "Seventeen minutes later, the bow of the Mercer sank."

When his hand slipped after firing the line, Higgins cut open his finger.

"But I made the shot," he said.

Higgins, who had served in the U.S. Navy prior to entering the Coast Guard, never considered himself a hero for the rescue of the men off the Mercer.

"My stepfather never liked to talk about the rescue as it was such a horrific night," Lannon said. "Although he was able to help save the lives of four men from the bow of the Mercer, especially the last two men, he also witnessed five men perish in the ocean. They were swept away by the massive waves. He would say,

"I wish I could have saved them all."

Lannon hopes when people see the movie they remember it's a true story, and what these rescuers were truly up against.

Higgins' heroic actions are acknowledged in an article from The Patriot Ledger the summer after the tragedy of the Pendleton and the Mercer.

The article also mentions Higgins received a Letter of Commendation for his role in the rescue from the Commander of the First Coast Guard district of Boston, H.G. Bradbury, who commended him for "his outstanding performance of duty and exemplary conduct while materially contributing to the rescue."

Higgins and Sandra attended the premiere of "The Finest Hours," and then he went to see it again with Lannon and her husband, Russell.

"He was so excited," Lannon said. "He said, 'That was just like that night. The movie showed it well.'"



Wayne Higgins stands next to a picture of himself when he was in the Coast Guard.

I wish I could have saved them all."

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According to the letter, Higgins carried out his

duties during extremely adverse weather and sea conditions.

Lannon's 11-year-old son, Brian, is close to his grandfather and enjoys listening to the story of the rescue.

"I'm very proud of my Papa for serving in the Navy and the Coast Guard and for being a hero," he said. "I can't wait to see the movie with him."

Higgins and Sandra attended the premiere of "The Finest Hours," and then he went to see it again with Lannon and her husband, Russell.

"He was so excited," Lannon said. "He said, 'That was just like that night. The movie showed it well.'"

Follow reporter Ruth Thompson on Twitter @ scituateruth

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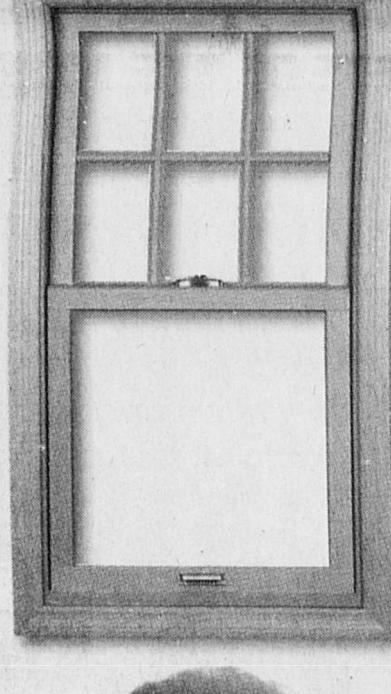
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SPORTS

QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES

Send Your Stuff

William Wassersug is the Sports Editor for the Cohasset Mariner. Please send your story ideas, stories and photos to wwassersug@wickedlocal.com and follow him on Twitter [@scifisportguy](https://twitter.com/scifisportguy)

YOUTH BASEBALL

CYBSA registration

Spring is around the corner, and Cohasset Youth Baseball and Softball Association's online Registration for the 2016 season is now open through March 1.

The registration process is available by visiting www.CYBSA.net

Late fees of \$50 will be applied beginning March 1 and registration will close on March 25, 2016.

Cooperation in registering players in a timely manner is greatly appreciated as it allows the CYBSA to establish rosters and order equipment and uniforms to be ready for Opening Day.

Please direct questions to Jen Miller at jencoakleymiller@mac.com or 704-609-1267.

HS SWIMMING

Skippers beat Middleboro and North Quincy

The Cohasset swim team continued their winning ways beating Middleboro (Girls 99-82, Boys 72-63) Thursday Jan. 28 and North Quincy (Girls 89-65, Boys 80-54) Tuesday Feb. 2.

Senior standout Julia Klier remains undefeated in all of her events while freshman star Dean Spicer lowered the school record in the 100 fly to a personal best time of 56.63.

The team will compete in the regular season league championships Feb. 5 at Randolph High School.

GIRLS YOUTH SOCCER

Hot Shots Soccer still has openings

Hot Shots Soccer, was set to to kick off the 2016 season, Jan. 24, but weather changed that and the season opened Jan. 31.

The program for girls uses puppets, parachutes, pillow fights and other imaginative, kid-friendly activities in a non-competitive, fun, supportive environment to develop soccer skills and self-esteem in preschool through fifth-grade girls (ages 2-10). Hot Shots also encourages reading, offering the girls a choice of hundreds of books each week. The girls take four home each week for reading with their parents.

Hot Shots is based in Marshfield but is open to girls from all South Shore communities.

SEE NOTES, B3

GIRLS HOCKEY

Fulfilling a goal

Girls qualify for tournament

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset-Hanover girls hockey team has been on a roll all season and nothing changed this week as the girls qualified for the MIAA Tournament with a 3-1 win over Scituate Saturday Jan. 30 at Hobomock Arena in Pembroke.

Cohasset-Hanover took

control quickly, scoring three goals in the first period. They never looked back and allowed the lone goal with 51 seconds to play in the game, although Scituate battled back and they had a lull late in the game.

"I was very pleased with how we came out in the first period," Cohasset-Hanover coach Deb Beal said. "We knew we had to be aggressive and try to score first. Scituate is a good team and one that can find their way into any game. Rob (Scituate

coach Bob Rosata) does such a wonderful job with them. They never stop playing."

Senior Karly Bowen scored twice, including the first goal, and sophomore Alyssa Wilcox added a goal for Cohasset-Hanover.

Beal was glad to get the early jump.

"We fortunately scored early," she said. "We played a great first period applying a lot of offensive pressure, but as the game wore our

SEE GIRLS H, B2



Cohasset's Kaitlin McGovern and Scituate's Christine Cutting tangle during Cohasset-Hanover's 3-1 win Saturday at Hobomock. WICKED LOCAL PHOTO / WILLIAM WASSERSUG

BOYS HOCKEY



Cohasset's Kyle O'Brien loses the handle against Norwell. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG

CLOSER TO THE PRIZE

Icemen notch wins over Hull and East Bridgewater

By William Wassersug
wwassersug@wickedlocal.com

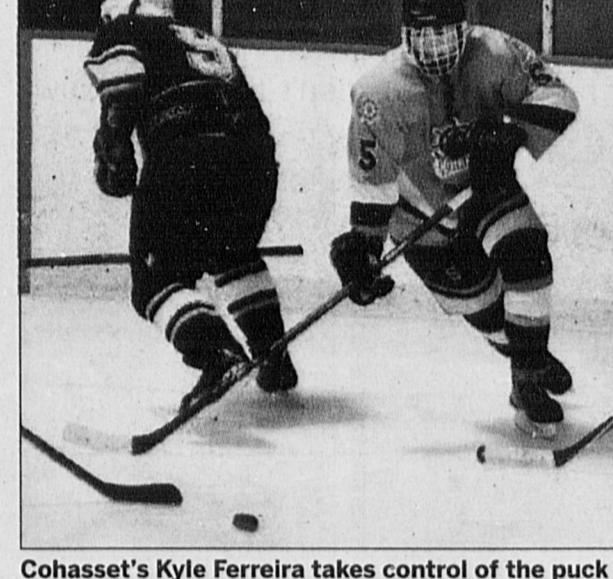
The Cohasset boys hockey team has shown some strong resilience this season, and after a stretch of tough games came back with big wins Jan. 30 and Feb. 3.

In the team's most recent outing, the Skippers outlasted Hull 4-3 in a South Shore League battle to raise their league record to 6-1 and 7-6 overall.

Junior Michael Cohen, junior Jimmy Farren, sophomore Kyle Ferreira, and freshman Matt Lund scored for Cohasset while senior Kyle O'Brien collected a pair of assists.

Senior Liam McHugh earned the win in net.

"We really pressured them for the majority of the game and generated some quality scoring opportunities," Cohasset coach Phil Mahoney



Cohasset's Kyle Ferreira takes control of the puck against Norwell.

"With only two goals in our last two games, we had been struggling to put the puck in the net. We challenged the team to simplify things and focus on getting shots to the goal and driving to the net."

Phil Mahoney, Cohasset coach

said. "I liked our back checking and that helped our transitional play. Two third period goals on mistakes overshadowed an otherwise solid effort by the team. We are happy with the win and the points."

In a 7-2 win over East Bridgewater, Saturday, Jan. 30, O'Brien and freshman Lund led the way for the Skippers with two goals apiece in a South Shore League

SEE BOYS H, B2

SPORTS ROUNDUP

Punching the ticket

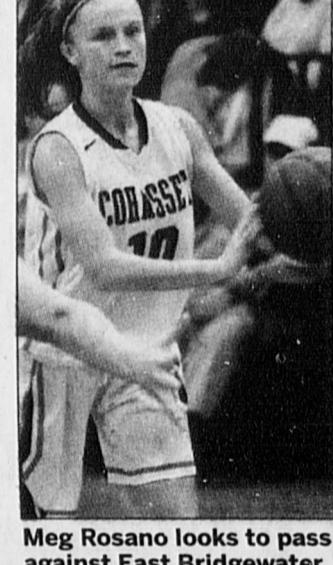
Girls basketball qualifies for tourney, boys still in chase

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset boys and girls basketball teams had a rough one Tuesday night, February 2, with both squads losing games to Norwell.

The girls lost 50-22, while the boys weren't able to hold onto an early lead and dropped a 63-51 decision.

For the girls, the loss was a temporary setback, as the team scored an impressive 43-29 win over Mashpee, Friday Jan. 29 to pick up



Meg Rosano looks to pass against East Bridgewater Jan. 15. Cohasset won 40-26. WICKED LOCAL PHOTO / WILLIAM WASSERSUG

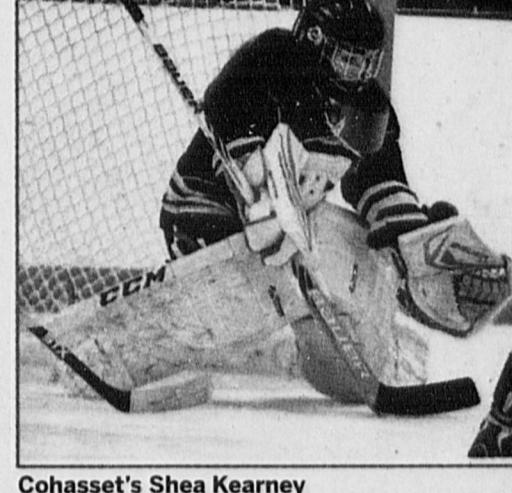
SEE ROUNDUP, B3

ATHLETE OF THE MONTH

★★ Shea Kearney ★★

"As usual Shea Kearney played amazing and kept us out of a lot of trouble. We were able to fend off two five-on-three's with her outstanding play. She recorded close to 40 saves."

Cohasset-Hanover coach Deb Beal on her performance in a 0-0 tie with Quincy/N. Quincy



Cohasset's Shea Kearney WICKED LOCAL PHOTO / WILLIAM WASSERSUG

Shea has been the key factor in Cohasset-Hanover's 8-1-2 record, with a .953 save percentage and a 1.34 GAA. She also has three shutouts.

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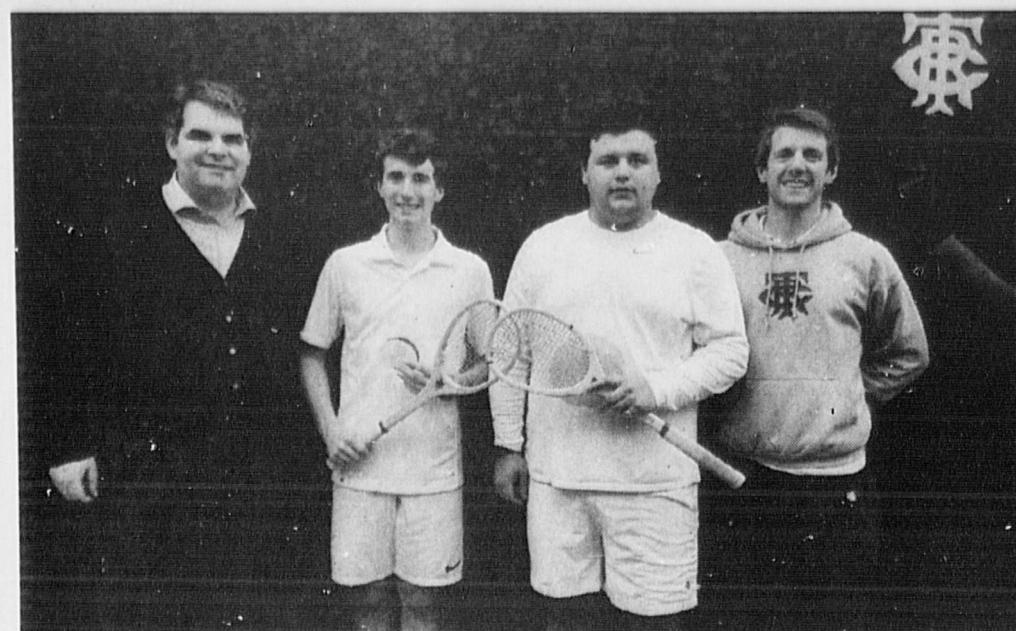
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George Wharton, Mity Hill, Bertie Cayzer, T&R Head Pro Tony Hollins. COURTESY PHOTO

HOCKEY

Toros edge Crusaders

South Coastal Hockey League roundup through Jan. 31

By Mark Ducharme
Correspondent

The South Coastal Hockey League game between the Toros and the Crusaders was expected to be close and it was.

The Toros got a goal by Steve Figlioli with 29.6 seconds left on a pass by John Tympanick to pull out a 4-3 win over the Crusaders for their third straight win.

Jeff Vancura, Steve Colella and Paul Brinkman also scored for the Toros, who led 2-0 and 3-2 in the game.

Jim Donovan and Steve Mudge both of Marshfield

and Mike Simon scored the goals for the Crusaders.

Tom Pipenbrink's second goal of the game was a shorthanded one to break a 3-3 tie and give the Whalers to a 4-3 win.

Don Sullivan also scored two goals and Pembroke's Eric Morgan had two assists for the Whalers.

Jim Ford scored two goals and Chuck Ryan added a goal and Jim Mulhern had two assists for the Saints.

Paul Lafond of Hanover had five points which included two goals and three assists in the Sharks, 5-1 win over the Stingers.

Marshfield's Tim Cruz also scored two goals and Tim Fallon had a goal and an assist for the Sharks.

Norwell's Joe Murray scored for the Stingers in the third period.

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Kasey's Inspiring Story

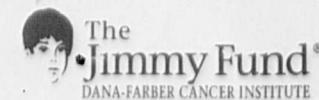
On her 25th birthday, Kasey Pilling had surgery to remove a cancerous brain tumor. Four years later, she's a mother of two and a soon-to-be college graduate.

"My life will never be the same, but having cancer taught me so much," Kasey says. "The support from Dana-Farber, along with the strength I found inside myself, has fueled my passion for helping others."

Dana-Farber gave Kasey a new chapter in her life. To say thanks, she started the **18 Holes of Hope** golf tournament to benefit the Jimmy Fund.

Join Kasey in supporting Dana-Farber's lifesaving mission and plan a summer or fall golf fundraiser of your own.

Start a tournament today at JimmyFundGolf.org



YOUTH TENNIS

Hill makes consolation round of Wharton Cup

Cohasset freshman shines in USCTA event

The Cohasset Mariner

Fifteen-year old freshman Mity Hill made it to the finals of the consolation round in the US Court Tennis Association sanctioned Wharton Cup

held at the Tennis and Racquet Club in Boston last weekend.

After losing a nail biter in the first round to A McMillan 7-8 Hill notched victories over top ranked USCTA junior Ben Dickinson 8-6 in the quarterfinal and southpaw Gary Multer 8-7 in the semifinals before losing 6-8 to Bertie Cayzer from London in the back

draw finals.

The USCTA Junior Player Development founded and funded by John Lieb of Newport has selected Hill for continued training and development by world ranked T&R Head Pro Tony Hollins. The two victories will move Mity inside the top 15 nationally ranked juniors in the country next week.

GIRLS H

From Page B1

intensity waned. We played an even second period and we were outplayed in the third. We don't have an explanation for it but it's been a topic we've been addressing all week.

The season winds down very quickly from here and we need to sort some things out and play a full 45 minutes in the next few games. We currently need one point to qualify for post season. We have our eyes on a league championship but know that if we don't play with intensity and as a cohesive unit that opportunity could easily slip away. Hopefully we peak when we need to and continue to develop confidence heading into the remainder of the season."

The girls got the next point in their next outing, beating Boston Latin 5-1 Wednesday Feb. 3 to improve to 8-0-2 to qualify for the tournament.

Next up, the girls face Whitman-Hanson/Silver Lake at 4:40 p.m. Saturday Feb. 6 at Rockland, then head to Northeastern's Matthews Arena Monday Feb. 8 to play Boston Latin again at 5:30 p.m.

Wednesday Feb. 10, the girls host King Phillip at Zapustas for a 3:30 p.m. faceoff and will have another shot at Mansfield/Oliver



Cohasset-Hanover's Ellie Jackisch, above, helps goalie Shea Kearney in front of the net during a 3-1 win over Scituate, Jan. 30.

Left, Cohasset-Hanover's Sam Taylor. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG

Ames at Walpole's Rodman Arena, Saturday Feb. 13 at 3:10 p.m.

After that is the Gould Memorial Tournament with Norwell, Scituate and

Pembroke and the regular season finale against Ursuline, Feb. 25 at West Roxbury.



Cohasset's Kyle Ferreira takes control of the puck against Norwell.

BOYS H

From Page B1

victory.

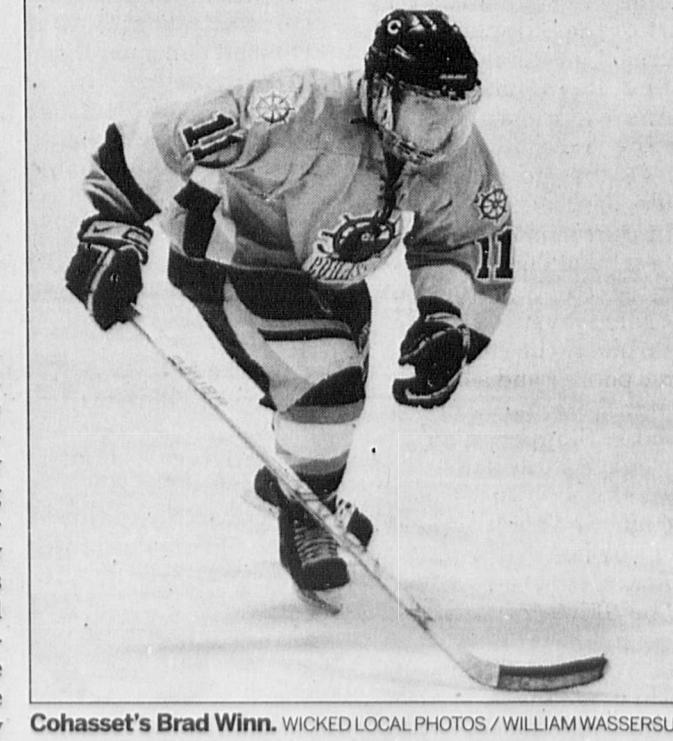
Senior Jackson Dutton, Ferreira, and freshman Conor Joslin each added solo goals.

McHugh earned the victory in goal for the Skippers.

"With only two goals in our last two games, we had been struggling to put the puck in the net. We challenged the team to simplify things and focus on getting shots to the goal and driving to the net," Mahoney said. "Most of our goals tonight were rebounds and second chance opportunities. Hopefully this is the catalyst we needed to create some production with every game and all points important for our season."

Norwell coach Jim Casagrande is a fan of the Skippers.

His team beat Cohasset 2-1 in a thriller Jan. 16



Cohasset's Brad Winn. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG

and are slated to play again Wednesday Feb. 10.

"They're a great team. They don't stop," Casagrande said. "They keep going and you've really got to bury your chances because if you don't it's one bad bounce and the game is going the wrong way. They're a good hockey team."

FIELD HOCKEY

Adult league takes off

New league at South Shore Sports Center fills in just two weeks

By Chris McDaniel
cmc当地@wickedlocal.com

When the South Shore Sports Center opted to host an adult field hockey league on Tuesday nights in the winter, it was unsure of what the support would be.

Outside of Boston, adult field hockey leagues are few and far between in Massachusetts.

But just by word of mouth, the league was full with 40 women signed up for four teams within two weeks, including one from Hanover.

Hingham High field hockey coach Susan Petrie helped start the league with SSSC's Steve McAuliffe.

"Once I moved out to the suburbs there was nothing," said Petrie. "For a long time I was commuting on Saturdays and Sundays into MIT. Then I had kids and didn't have as much spare time so I had to let it go for a little while."

"Especially with coaching

where I'm around the sport all the time it was frustrating to not be able to play myself. Coaching is so much fun but nothing takes the place of actually getting out there with a stick yourself."

Petrie's feelings were clearly echoed by how quickly the league filled up. The new season will start in late February and interest has continued to grow.

"I've talked to Steve and he said there's a waiting list for people who didn't get into the league, which is great," said Petrie. "The interest is definitely there, I'd love to see it expand to an eight-(team) league. If we get the word out there there's probably more people who would love to play but just don't have any way of finding out about this."

Those interested in joining the league can contact McAuliffe by email at info@southshoresportscenter.com or call

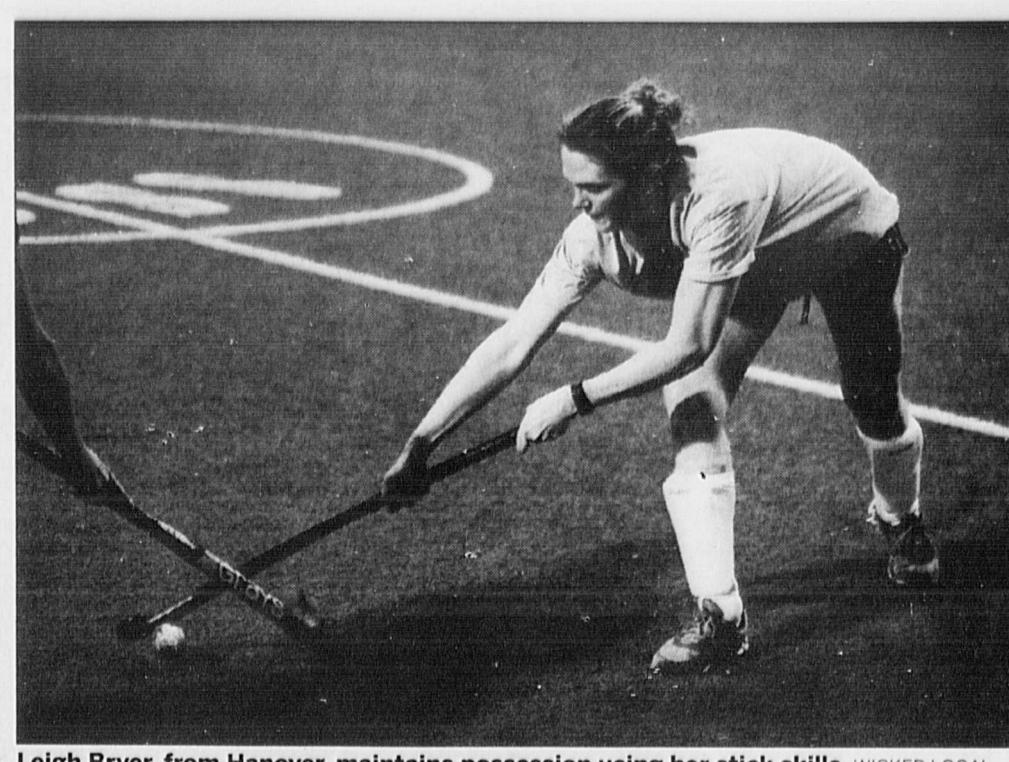
781-740-1105. Petrie also runs a Facebook account named South Shore Women's Field Hockey.

Games are seven-on-seven without goalies and 50 minutes long. Standings are kept and there are playoffs.

During the few years Petrie was not in an official league, she played pick-up with a few friends. That group included Michelle Badger of Plymouth, Leigh Bryer of Hanover and Sherry Holmes of Pembroke.

"The core group of us have been playing together for a while," said Petrie, "and our numbers were so small for so long that I was surprised all of a sudden that there are all these people from all over the South Shore who did play and now they're just coming back to it."

During the 'pick-up' years, they were nomads. Now, Petrie thinks adult field hockey has found a



Leigh Bryer, from Hanover, maintains possession using her stick skills. WICKED LOCAL STAFF PHOTO / ALYSSA STONE

home at the SSSC.

"We've had such a hard time over the years," said Petrie. "We've had to play at 9:30 at night on a Wednesday in the middle of winter or we've played in grass fields that haven't been cut in a month during the summer."

Although the league has high-level players, it's open to all. Free agents are

welcome.

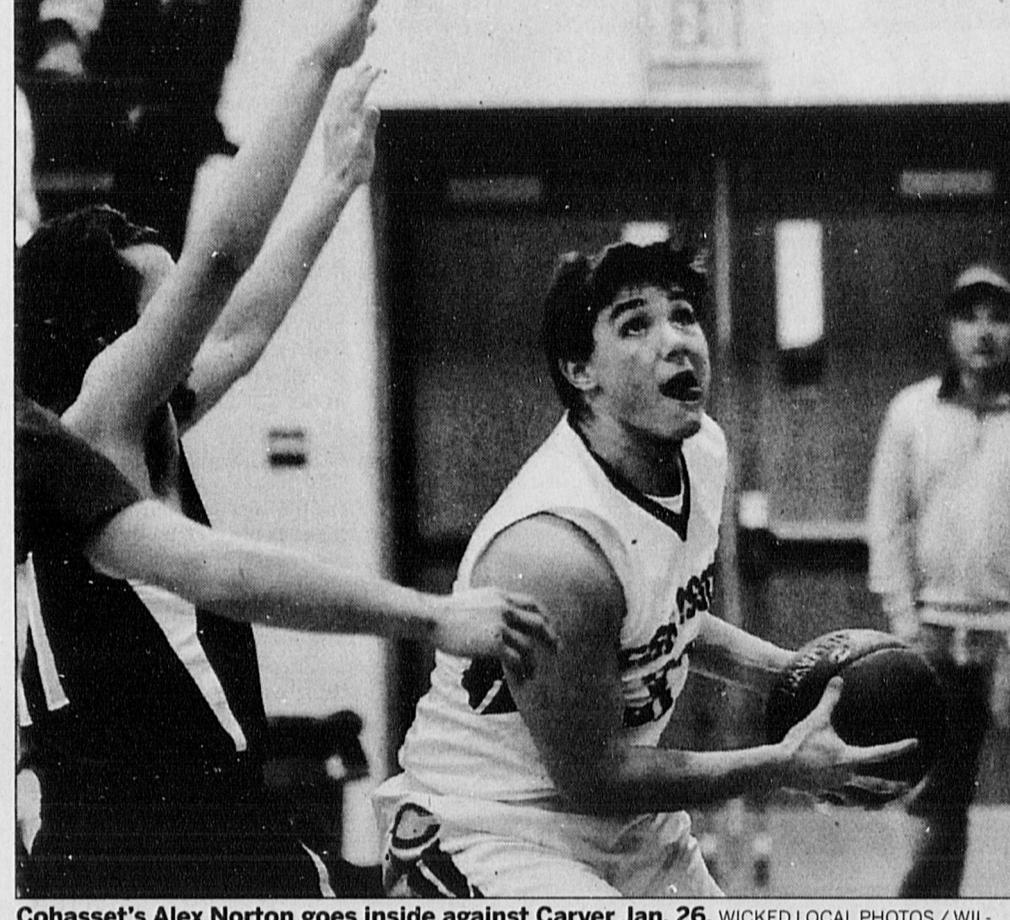
"We just want people to play," said Petrie. "It's such a great sport."

Petrie plays for a Hingham team filled with her former players at Hingham High.

"When they want me to pass they're yelling 'Miss Petrie' in the middle of the field when I keep trying to tell them they're grown-ups."

now, they're teammates and they can call me by my first name," said Petrie. "We joke around a lot more. They say it's their turn to yell at me if I miss the ball or do something wrong."

Before Tuesday's games, Hingham was in first place with a 4-0 record. SSSC was second at 3-1 and Hanover was third at 103. The 90's Vikings are in fourth.



Cohasset's Alex Norton goes inside against Carver Jan. 26. WICKED LOCAL PHOTOS / WILIAM WASSERSUG

ROUNDUP

From Page B1

win No. 10 of the season and punch a ticket to the postseason with a 10-6 record.

Elle Hansen, Zoe Doherty and Meg Rosano each scored 9 in the win and MC Crumley added six rebounds.

Cohasset had the edge at halftime, taking a 16-10 lead, then took control in the third, outscoring Mashpee 19-8 to take a 35-18 advantage into the final frame.

The win clinched a third straight trip to the MIAA Div. 4 Tournament.

Another girls basketball player, Emily Rosano, a senior captain, was set to sign a Letter of Intent to play soccer at Stonehill next season.

Emily Rosano was a big part of the Skippers deep tournament run in the fall.

The boys basketball team's loss to Norwell came on the heels of a tough 49-48 loss to Mashpee, Friday Jan. 29.

In that game, Cohasset led early, taking a 15-9 lead into the second quarter, and got some magic from Sam Lelio before the half, with a three pointer and a buzzer-beater from half court to give the Skippers a 29-27 advantage at the half.

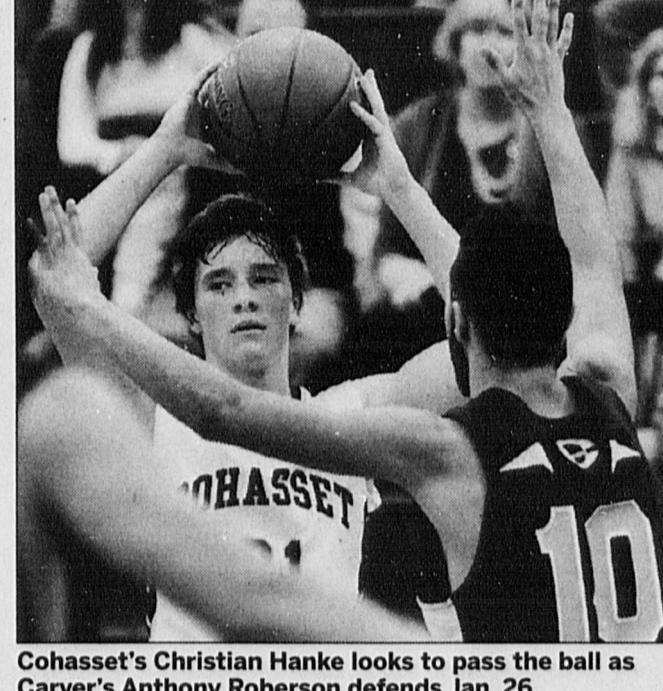
Mashpee hung tough though, and took a 49-46 lead with less than a minute to play.

The Skippers managed to get two back, but weren't able to duplicate the end-of-the first half magic.

The two losses dropped the Skippers to 7-6.

Pack the Gym nights

The Skippers are hosting 'Pack the Gym Nights' for



Cohasset's Christian Hanke looks to pass the ball as Carver's Anthony Roberson defends Jan. 26.

both boys and girls games.

All Cohasset Youth Basketball Recreation and Travel Team players will receive free admission to the games if they wear their Cohasset Basketball jerseys or t-shirts.

For the games, the side gym and the school hallways will not be open as "play areas" and the expectation is that the kids will come to watch come to watch the games, cheer on the Skippers and be supervised by an adult.

The boys night is Friday Feb. 5 against Monomoy and the girls night is Friday, Feb. 12 against Hull.

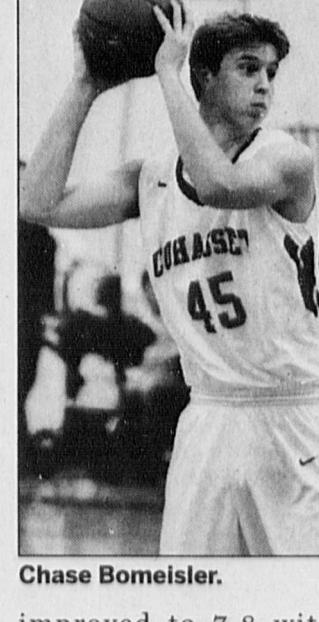
Hull edged the Skipper girls last week and can use a big crowd as they prepare for playoffs.

Senior nights are also on the horizon with the girls game Feb. 22 against Holbrook and the boys Feb. 24 against Falmouth.

The two losses dropped the Skippers to 7-6.

Wrestling/gymnastics

The wrestling team



Chase Bomeisler.

improved to 7-8 with wins over Belmont and Norwell Friday Jan. 29, and the gymnastics team also scored a win, beating Thayer 124.35-102.8.

Lacrosse

On the lacrosse field, Will Thomas committed to play lacrosse at Providence College.

NOTES

From Page B1

There are still openings in all the sessions, including several in the Advanced Skills noon session for grade schoolers. The sessions are: 9 a.m., 10 a.m., and 11 a.m. for ages 2 to 6 plus an advanced skills session at noon for grades 1-5.

The sessions are held at the Furnace Brook Middle School gym in Marshfield. Registration forms and more information are available on the Hot Shots website (www.hotshotssoccer.org).

For more information, call John Wilpers (617-688-0137-cell), write hotshotssoccer@aol.com or go to www.hotshotssoccer.org.

THE U AT STARLAND

Drop in Court, Turf

Drop in and play on the court and the turf weekdays between 9 a.m. and 4 p.m. for \$7 at the University Sports Complex in Hanover. You can add a game of Laser Tag for \$5 or 3-for \$10 with the weekday special.

There is also a Play U camp Monday through Friday Feb. 15-19.

The program includes soccer, basketball, baseball, kickball, capture the flag, laser tag and more.

Full day sessions are 9 a.m. to 4 p.m. The cost is \$50 per day, \$200 per week. Full-day includes pizza and a drink.

Half day sessions are 9 a.m. to 12:30 p.m. and 12:30 p.m. to 4 p.m. The cost is \$30.

Early and late pick up are available and there is a \$5 sibling discount.

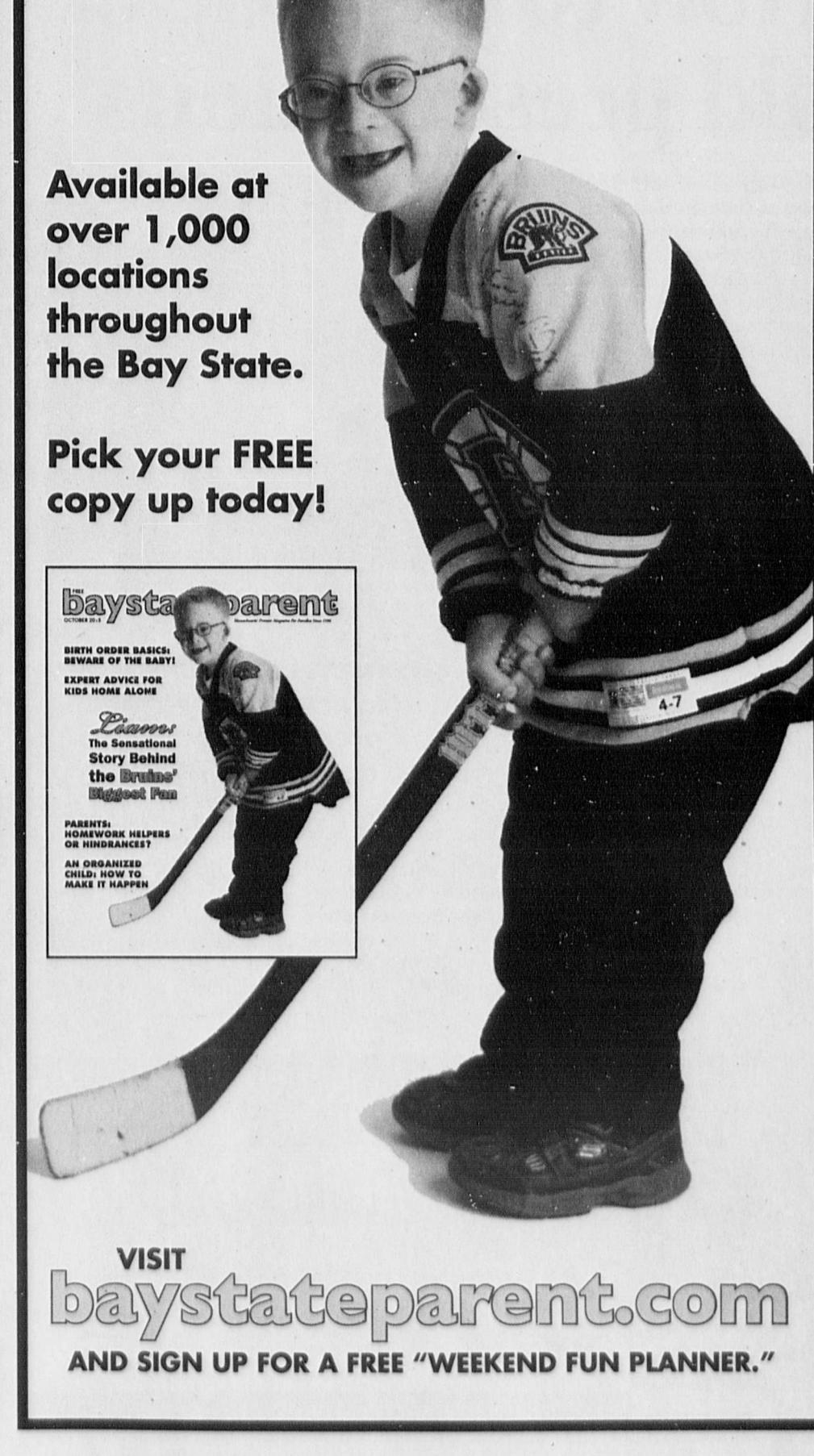
For more information, call Shawna Burkhardt, 781-996-3053 Ext. 114 or shawnab@theuhanover.com.

BASEBALL

Hawks looking for assistant coach

The Marshfield Green Harbor Hawks of the Cranberry League, an amateur summer baseball league for college age and older players, are looking for a third volunteer coach to join the staff. The season is 27 games long with games around the South Shore on weeknights with double-headers on Sundays. The Hawks prefer candidates with coaching/playing experience at this level.

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COHASSET POLICE/FIRE LOG

The following are excerpts from the Cohasset Police/Fire log. The log is public record and available for review.

Monday, Jan. 25

6:27 a.m.: Officer on traffic patrol at Howe Road and Jerusalem Road.

9:15 a.m.: A motor vehicle accident was reported on King Street by Marylou's News. A vehicle was rear ended and minor injuries were reported.

9:30 a.m.: A motor vehicle accident was reported on Chief Justice Cushing Highway near Red Fox Lane.

10:08 a.m.: Wheelwright Farm resident reports a scam call.

12 p.m.: A fire alarm was reported on Sohier Street. Officers reported the school had been evacuated, however, no smoke or fire was reported. The alarm was due to pull station activation on the first floor.

1:56 p.m.: Officer on traffic patrol at S. Main and Summer streets.

3:57 p.m.: Caller on north side of reservoir by the old dam off Beechwood Street reports clothing in the middle of the ice and no one around. Fire dept. located the party and he is find. Officer reports kids skating and they are leaving now.

4:36 p.m.: A caller reported seeing a yellow Lab with a black collar on Riverview Drive. The dog was dropped off at Scituate Animal Shelter.

5:02 p.m.: Caller from Hammond Ave. reports a white truck has been parking on the street during the evening hours; does not belong there. Requests officers check area.

5:37 p.m.: A caller reported a yellow Lab missing on Beechwood Street. Scituate Animal Shelter was notified.

4:47 p.m.: Suspicious activity was reported on Border Street by Atlantica. A caller reported a blinking light in the harbor. The caller also stated that it was not moving, but they didn't hear any noises.

6:31 p.m.: Caller from Howes Lane: 1998 black Saab reports she is on the trail, car is stuck and she is by herself. She is afraid and is locked inside her car.



TRAFFIC SAFETY TIP OF THE WEEK: Hanging objects from your rear view mirror can create a dangerous blind spot for drivers. They can block a driver's view of a pedestrian or sign, especially when making a right turn. These objects were found at a recent crash on Route 3A and created a safety issue. In certain situations, drivers can be ticketed for "Impeded Operation". COURTESY PHOTO

Express en route.

8:15 p.m.: Caller reports cars are illegally parked all around the town common from the Congregational church causing a traffic hazard.

Tuesday, Jan. 26

5:05 a.m.: A motor vehicle accident was reported on Atlantic Avenue. A caller reported hitting a patch of ice in the area and striking another vehicle. Caller reported she was not injured but wasn't sure of her location.

6:49 a.m.: A carbon monoxide alarm was reported on Sohier Street at the Senior Center. No carbon monoxide was detected and the area was secured. Issue with pilot light.

6:54 a.m.: A fire alarm was reported on Chief Justice Cushing Highway at Hingham Lumber. Services were rendered.

7:56 a.m.: Tree on wires on Grace Drive. Tree leaning on phone wires, not power line.

9:15 a.m.: Officer out on community service at Osgood School.

1:19 p.m.: Heading out of town just before the golf course, blue BMW convertible in middle of road unoccupied. Scituate Collision advises car has been taken care of.

1:25 p.m.: A suspicious motor vehicle was reported on

on North Main Street.

2:42 p.m.: A burglary alarm was reported on Atlantic Avenue. The interior living room motion detector was set off. The area was checked and secured.

5:46 p.m.: Officer out at location on Chief Justice Cushing Highway to serve man papers regarding his driver's license for an immediate threat.

9:21 p.m.: A fire alarm was reported on Wheelwright Farm. A caller reported the alarm going off for about 10 minutes, however, no smoke or flames were reported.

5:29 p.m.: Mutual aid ambulance to Scituate for party who fell off bike and is complaining of back pain.

7:45 p.m.: Officer conducting traffic enforcement on Red Gate Lane.

7:45 p.m.: Threats were reported on Chief Justice Cushing Highway at the South Shore Athletic Club.

A man threatened the caller and was seen heading north on foot toward Hingham.

Officers apprehended the man and put him in protective custody.

3:03 p.m.: Assault and battery on Elm Street.

A walk-in to the station reported that her neighbor attempted to hit her with his truck.

4:39 p.m.: Suspicious activity was reported on

Fernway. A caller reported she came home and thought she heard someone upstairs. Units completed a walk-through and secured the building.

5:04 p.m.: Office conducting traffic enforcement on Red Gate Lane.

5:29 p.m.: Mutual aid ambulance to Scituate for party who fell off bike and is complaining of back pain.

7:45 p.m.: Officer conducting traffic enforcement on Red Gate Lane.

Wednesday, Jan. 27

2:37 p.m.: Threats were reported on Chief Justice Cushing Highway at the South Shore Athletic Club.

A man threatened the caller and was seen heading north on foot toward Hingham.

Officers apprehended the man and put him in protective custody.

3:03 p.m.: Assault and battery on Elm Street.

A walk-in to the station reported that her neighbor attempted to hit her with his truck.

4:39 p.m.: Suspicious activity was reported on

Forest Ave.

7:18 a.m.: Suspicious activity was reported on Mill Lane. A caller reported a gray pickup sitting in the front of her address. She believed drug activity to have been going on. Units cleared the owner of the truck, who was spoken to with no issues found.

7:50 a.m.: A minor motor vehicle accident was reported at Chief Justice Cushing Highway and Pond Street.

Services were rendered. Just a paper exchange.

1:03 p.m.: A brush fire was reported on Elm Court.

A caller reported a brush

MEMA

Tips on how to build an emergency kit

During Emergency Preparedness Month, the Massachusetts Emergency Management Agency continues to highlight the importance of building an emergency kit.

While some items, such as bottled water, food, a flashlight, radio and extra batteries, first aid kit, sanitation items and clothing should be in everyone's kit, it is important to customize kits to meet one's unique needs and those of the family.

When building your emergency kit, MEMA recommends using the following list:

■ Bottled water (1 gallon per person/per day for three days).

■ Canned goods and nonperishable foods, particularly those that do not need cooking.

■ Manual can opener. ■ Radio (battery-powered or hand crank), NOAA Weather Radio and extra batteries.

■ Flashlight or lantern, with extra batteries. (Candles are discouraged, as they present a potential danger.)

■ First aid kit.

■ Change of clothes and sturdy shoes.

■ Sleeping bags or blankets.

■ Disposable plates, cups and utensils.

■ Seasonal items such as warm clothes, hat and gloves for winter, and sun-screen for summer.

■ Books, games, puzzles and other comfort items.

■ Duct tape.

■ Plastic sheeting or tarp.

Check a kit at least annually, for any food, water, batteries, or other items that may need to be replaced or have expired.

Consider also building a mobile "go-bag" version of an emergency kit to take in case one needs to evacuate to a shelter or other location. When building a go-bag, remember to include pet supplies, such as collars and leashes, a

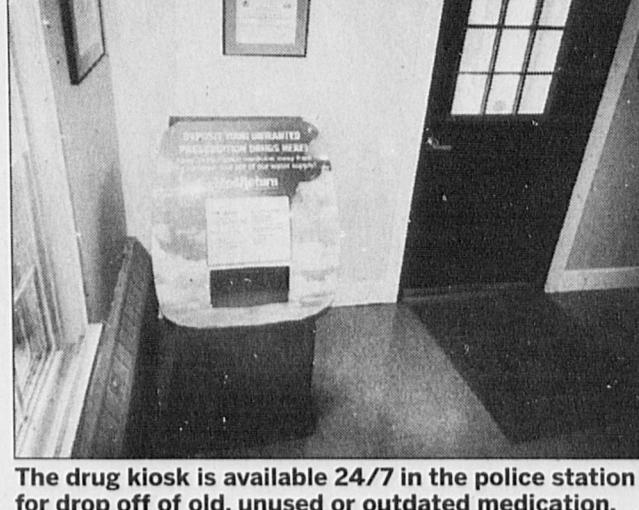
three-to-five-day supply of food and water, bowls, litter boxes, and a week's supply of medications that a pet

may be taking, including instructions (in case an owner and pet are separated), as well as copies of a pet's vaccinations, medical records and prescriptions in a clean plastic bag or waterproof container.

—For more information about MEMA and Emergency Preparedness, go to www.mass.gov/mema.

HEALTH

How to dispose of old prescriptions



The drug kiosk is available 24/7 in the police station for drop off of old, unused or outdated medication.

COURTESY PHOTO

Law enforcement is the only entity legally able to accept these medications and process them properly so that they do not fall into the wrong hands.

You can participate by anonymously depositing these unwanted or outdated drugs in the police department's drug disposal kiosk, available 24 hours a day, 7 days a week, located inside the police station lobby.

Note: Needles are not accepted. Liquids are accepted but should be tightly closed and then sealed inside a plastic bag.

inside the police station lobby.

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inside

SEMI-FORMAL



Sophomore Brianna Smith, senior Owen Bernsee, and senior Meghan Considine laugh while having fun at their dance at the town hall on Friday.



Junior Liam McDonald wows his classmates with his dancing skills during the Winter Wonderland dance on Friday, Jan. 29.



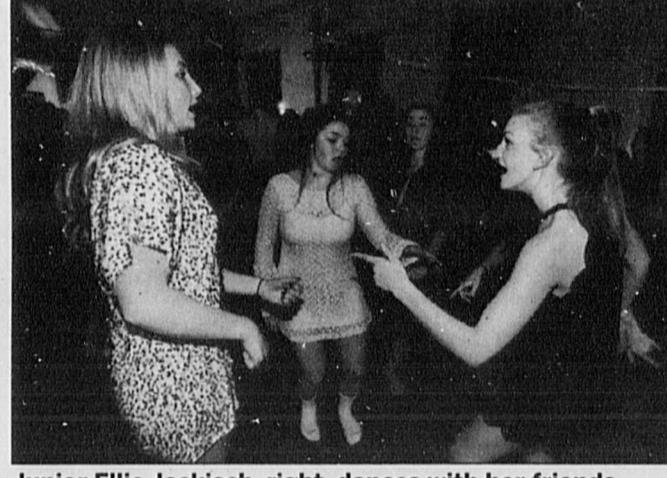
Freshmen Hailey Bestick and Samantha Kehoe take a selfie together during their Winter Wonderland dance on Friday, Jan 29, 2016.



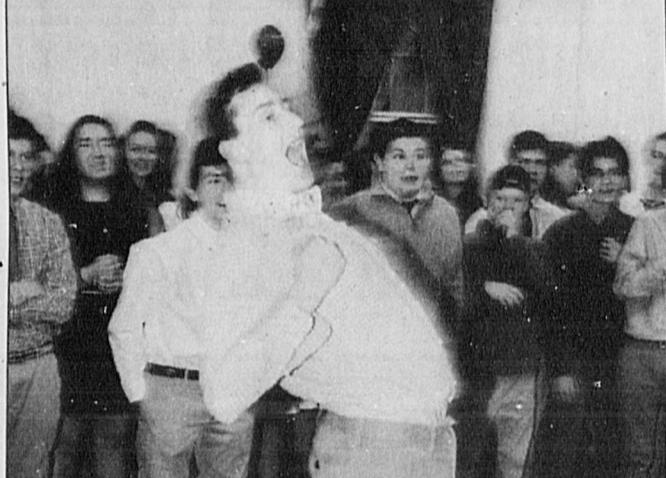
Sophomore Cora Quinlan, right, impresses senior Meghan Considine and junior Madeline Littlejohn with her dancing skills.



Seniors Caelin McDonald, Bretagne Guempel Olivia Arnold, and Julia Staf have fun with the photobooth.



Junior Ellie Jackisch, right, dances with her friends during their Winter Wonderland dance.



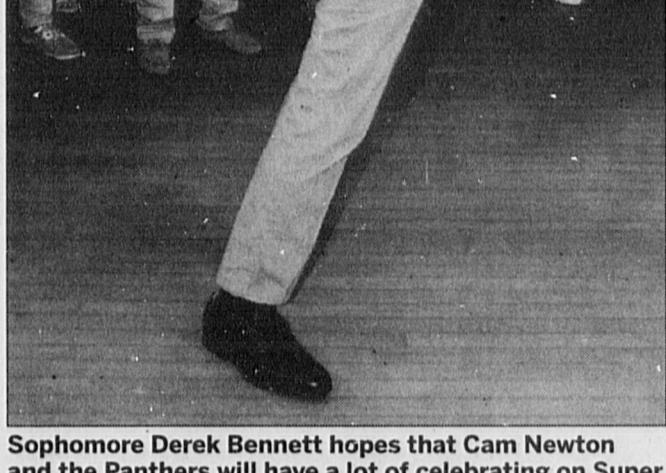
Sophomore Derek Bennett hopes that Cam Newton and the Panthers will have a lot of celebrating on Super Bowl Sunday as he imitates his touchdown celebration.



Seniors Luke Norton, Will Broderick, Ben Moy, and Chris Norton pose for a photo during their Winter Wonderland dance.



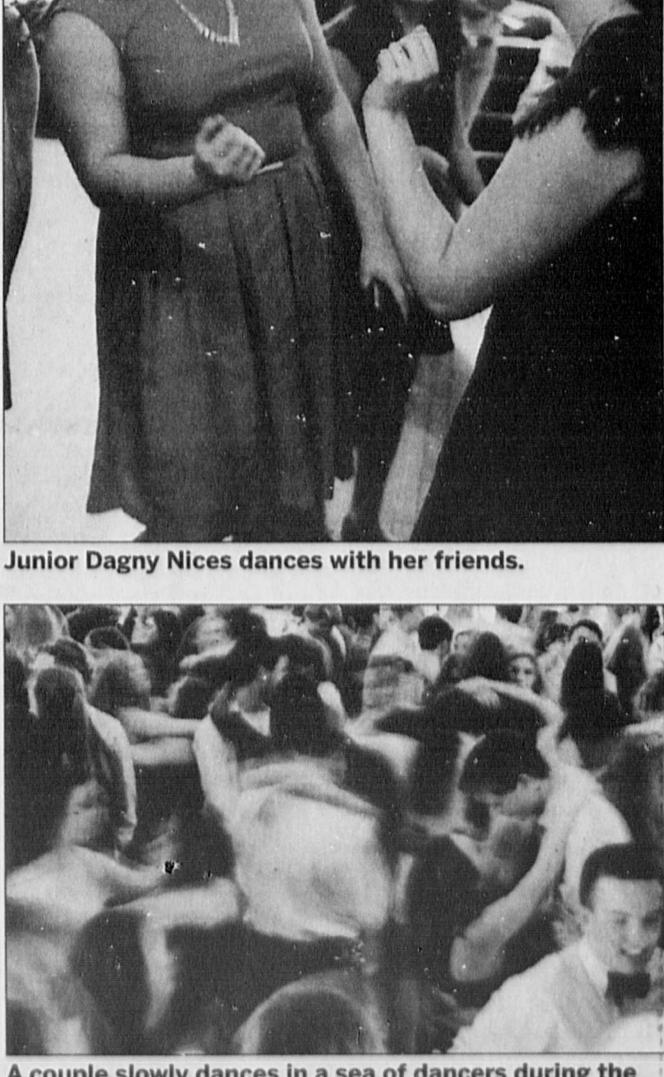
Senior Liam McDaid enjoys the dance with his friends on Friday.



Junior Dagny Nices dances with her friends.



A number of Cohasset High students pose for a photo in the photo booth.



A couple slowly dances in a sea of dancers during the Winter Wonderland semi-formal.

DON'T MISS THIS
Community
center nursery
school sign-ups

South Shore Community Center Nursery School is currently accepting applications for two, three, four and five, Half Day Toddler preschool programs.

The school also offers a variety of extended day options to meet individual family needs.

For information or to arrange a tour of the school: 781-383-0036; amadden@southshorecommunitycenter.com.

Find regional
news at
WickedLocal.com.

SEPAC

Bring your devices to meeting Tuesday

Cohasset Special Education Parent Advisory Council (SEPAC) is pleased to host Assistive Technology: Executive Function Applications & Kurzweil Program workshop presented by Courtney Rose Dykeman-Bermingham. The presentation will be held at the school district's Administrative Offices in the Community Room (143 Pond St.) on Tuesday, Feb. 9th from 7 to 9 p.m. Bring your devices!

Having the technology is just the first step. For proper implementation of the technology, students need to understand how to use it efficiently. We

are lucky to live in an age where new technologies are being developed daily. Not every new app will help a student academically, but many can further support students to reach their full potential.

At this workshop, many of those applications and websites, particularly those that address executive function, time management and organization, will be discussed. This workshop will address the strengths of many apps and compare similar apps to help you find your best fit.

The Cohasset School District uses the Kurzweil

program (Text to Speech) as an assistive technology tool for students. Kurzweil is more than a screen reader; it can help students organize their notes, better comprehend their reading, improve their recall of the material and make finding specific passages easier. Kurzweil has much to offer students and this presentation explores the many features and how to access them to unlock the program's full potential.

Dykeman-Bermingham is training to become an Assistive Technology Specialist. Currently she is a senior at Mount Holyoke College majoring

For proper implementation of the technology, students need to understand how to use it efficiently.

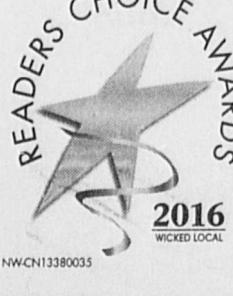
in Neuroscience. Last summer she interned at NESCA where she developed a Summer Seminar Series on Assistive Technology, and provided assistive technology tutorials. Through those offerings, she was able to educate and train students, families, educators and advocates on various assistive technology options available today.

Currently, she volunteers at her college's AccessAbility Services (AAS) office. Through that position, she

supports students as they transition into college life, and work to overcome difficulties related to disabilities and transition. Additionally, she has presented workshops and offered tutorials on the use of assistive technology at her college.

The presentation is free and open to the public. Light refreshments will be served. For more information on this or other discussions on the South Shore, visit our Facebook page and www.Cohasset-SEPAC.org.

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Readers Choice

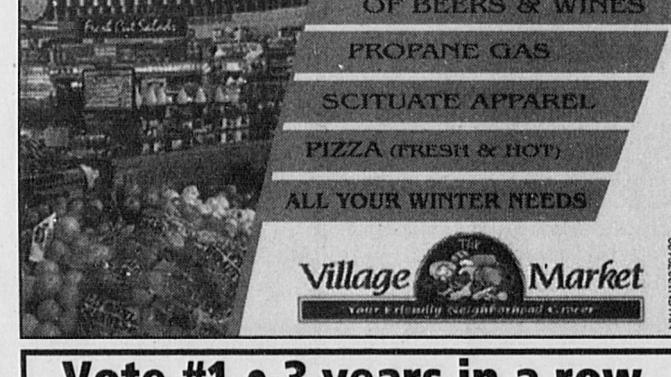
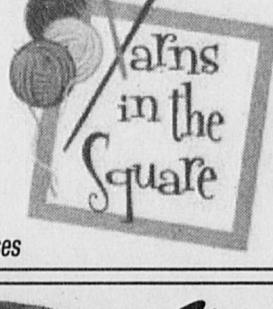
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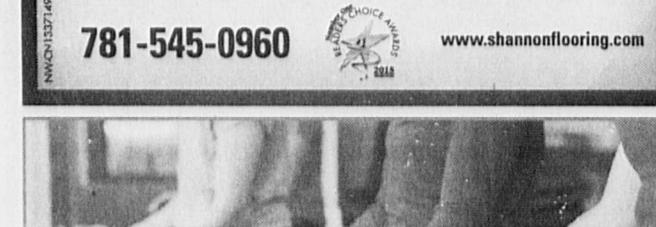
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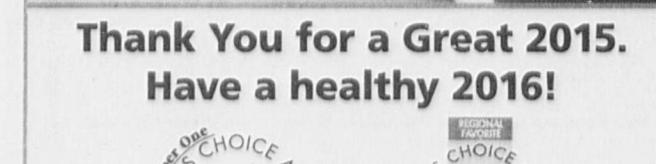


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Vote locally. Write in your choice of the **BEST** in your area for the categories below or vote online at wickedlocalfavorites.com. In order to be eligible, each vote must include the town where your choice is located. For businesses with more than one location, please indicate the address of your #1 choice. **You must vote in at least 10 categories for your votes to be counted.**

Ballots must be received by Wednesday, February 10, 2016 at 5 p.m. The ballots will be entered and tabulated by an independent data processing firm. Results will be published in a special section inserted into your newspaper the week of June 20th and will be available online at wickedlocalfavorites.com.



WICKED LOCAL

Business/Place Name	Town	Business/Place Name	Town
Local Shopping			
1 Men's Clothing Store		41 Community Bank	
2 Women's Clothing Store		42 Insurance Agency	
3 Children's Clothing		43 Dance School	
4 Optical Shop		44 Gymnastics School	
5 Shoe Store		45 Retirement Living Residence	
6 Bookstore		Local Flavor	
7 Photography		46 Restaurant For Breakfast	
8 Gift Shop		47 Restaurant For Lunch	
9 Jewelry Store		48 Restaurant For Dinner	
10 Florist		49 Fine Dining Restaurant	
11 Sporting Goods Store		50 Italian Restaurant	
12 Toy Store		51 Pizza Place	
13 Pet Services		52 Thai Restaurant	
14 Liquor Store		53 Mexican Restaurant	
15 Furniture Store		54 Family Friendly Restaurant	
16 Carpet/Flooring Store		55 Seafood Restaurant	
17 Appliance Store		56 Chinese Restaurant	
18 Home Decorating Store		57 Sushi Restaurant	
19 Hardware/Home Improvement Store		58 Takeout Restaurant	
20 Garden Store/Nursery		59 Steak House	
21 Consignment Shop		60 Bakery	
Local Services			
22 Accountant/Financial Planner		61 Coffee Shop	
23 Maid/House Cleaning Service		62 Ice Cream Shop	
24 Landscaper		63 Butcher Shop/Deli	
25 Attorney/Lawyer		64 Fish Market	
26 Veterinarian/Animal Hospital		65 Bar	
27 Martial Arts		66 Caterer	
28 Hair Salon		Regional Favorites	
29 Day Spa or Massage		67 Hospital	
30 Manicure/Pedicure		68 Wedding Venue	
31 Tanning Salon		69 Beach	
32 Health Club/Yoga Studio		70 Golf Course	
33 Weight Loss Center		71 Museum	
34 Assisted Living		72 Place To See Theatre	
35 Doctor/Primary Care Physician or Pediatrician		73 Place For Family Entertainment	
36 Dentist or Dental Office		74 Summer Camp	
37 Chiropractor		75 Mall	
38 Daycare/Preschool		76 Discount Store	
39 Dry Cleaner/Tailor		77 Supermarket	
40 Auto Service/Repair		78 Car Dealership	
Reminder: You MUST include the TOWNS where your choices are located!			
*Readers Choice is a reader preference poll. This promotional program is not intended to be, nor is it represented as, statistically valid.			
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GUIDELINES (1) No purchase necessary. One entry per person. Must be a resident of Massachusetts. (2) Use original ballot or online ballot only. No reproductions will be accepted. (3) No ballot will be counted without name, address and phone number. (4) All results are final. (5) At least 10 choices must be written in for votes to be counted. (6) All contest winners drawn at random. No exchanges for prizes permitted. Game dates will be selected by GateHouse Media New England. (7) You must be at least 18 years of age to enter. Winners will be notified by phone, mail or email. (8) Any taxes are the responsibility of the winner. (9) Winners free GateHouse Media New England, its agents, affiliates and assigns from any and all liability whatsoever including personal injury, property damage or financial loss incurred while using the Readers Choice Prizes. (10) Each winner gives GateHouse Media New England, permission to publish his/her name, town and likeness with regard to the outcome of this drawing. (11) Entries become the property of GateHouse Media New England. Not responsible for lost, late or misdirected mail or email. Void where prohibited by law. (12) Balloons must be received by February 10, 2016. (13) Balloons must be received by February 10, 2016.

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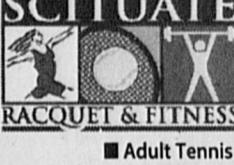
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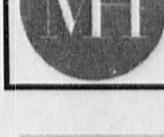
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Utilizing boxing and weights, Doug Bennett, left, focuses his training primarily on women.

Want to get fit?

Consider a personal trainer for direction and accountability

By Beth Doyle
bdoyle@wickedlocal.com

If getting in shape was as easy as showing up at the gym a few times a week and following the directions on the fitness machine, it would be a piece of cake.

Therein lies the problem, though. While getting in shape we sometimes need someone to tell us, "no cake."

Although training with someone one-on-one can feel like you're back in school, it's just the oversight some of us need to reach those previously unattainable goals.

"People of all levels can benefit from working with a personal trainer," Derek Paiva, the executive director of the Old Colony YMCA Plymouth Branch that opened in October, said. "People who are unfamiliar with the equipment and need direction and accountability as well as athletes who are used to working out but want to bring it to the next level."

While personal trainer Doug Bennett, the owner of CrushIt Fit in North Scituate, agrees that personal trainers can help a wide variety of people seeking to get in shape, he chooses to focus on women.

"I've been doing this for 25 years and I've trained pro athletes to moms who want to get in great

shape after they have a baby or if they have an upcoming event. I help women who want to lose weight and get in the best shape they can," he said, citing his FitGirl app that reached No. 4 on Apple and his books on Amazon, one of which is the "21 Day Happy Girl Diet."

Most gyms in the area have a roster of trained professionals that can help you reach your goals.

Jill Murmes, executive director of the South Shore Athletic Club in Cohasset, has high praise for the personal trainers at her facility.

"All of our trainers have degrees in exercise physiology, if not masters," Murmes said. "A couple have strong medical backgrounds. The quality of the trainers I have hired is very strong academically."

She commended one in particular.

"He's one of the best trainers on the South Shore," Murmes said, referring to Wally Peart, a trainer at her facility. "He's taken a ton of our athletes to Division 1 schools and he does some professionals, too. From kids to mothers to weight loss, he does the whole gamut in a positive, healthy way."

So if you've decided that 2016 is your year to seek your personal best, consider hiring a personal trainer. And remember, no cake (or at least not a big piece)!

Find the right personal trainer for you

Personal trainer Doug Bennett offers the following tips if you're thinking about training with a professional.

1. Find someone who is a specialist in what you're looking for, whether it's weight loss, strength training, rehab, etc.
2. Make sure your personalities match, and that you can be motivated by him or her.
3. Make sure they have proven success with other clients.
4. Check that they're certified and, most importantly, that they have experience.
5. Ask for references.

Health care proxies

Rest easier: make your wishes known

By Leanna Hamill
Special to GateHouse Media

Our right to make decisions about our health care is one of the most fundamental rights there is. When we are faced with making those decisions, we need to be able to get information, weigh the risks and benefits of procedures, consider our

own values and then decide how to proceed. If we find this situation difficult, think about how it would feel if our loved ones had to do it for us.

When we can't make or communicate health care decisions, there isn't an automatic person who is given that right. In an emergency, a doctor might turn to a spouse or family member, but only the person named in your health care proxy can make decisions on your behalf. And the only way



they will know what decisions to make for you is for you to talk to them about it ahead of time, or put it in writing.

I've often heard people joke about those situations. "Oh, just pull the plug." Except there isn't usually a plug to pull. The situations aren't black and white and there is no "right answer." Maybe you've been in a car accident and are unconscious, or have had a stroke, or have advanced dementia and do not have the capacity to make those decisions. Then think about what might need to be done - a blood transfusion, a feeding

tube, CPR after a heart attack.

Do you know what you would want done? Does your family? Do your doctors?

Signing a health care proxy lets you pick an agent to act on your behalf if you become unable. Your agent is the person who has the legal right to evaluate the situation with your doctors, consider what they know of your wishes and make the decision regarding treatment. And talking to them ahead of time about your wishes, or writing a living will - a document that complements a health care proxy and spells out your desires concerning specific medical treatments - can help them feel more comfortable with the task.

When your doctor turns to your health care agent and says, "What should we do?" you want them to be able to know, with confidence, what you would want. Help your health care agent by thinking about your wishes, by writing those wishes down and then sharing those wishes with your family or whomever you are appointing to serve in this role. Because they are not making their own decision, they are communicating your decision. And they can do this if you haven't told them what you wanted. It's a hard enough position to be in already - don't make it harder by putting the burden on them to decide.

To live healthily, you need to have peace of mind. Have that peace of mind by signing your health care proxy and letting your agents know your wishes, so that they can speak for you when you can't.

Leanna Hamill is a holistic estate planning and elder law attorney based in Hingham. To learn more about Leanna and her practice, visit her web site HamillLawOffice.com. Alternatively, you can reach her by phone at 781-749-2284 or by email at Leanna@HamillLawOffice.com.

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When your doctor turns

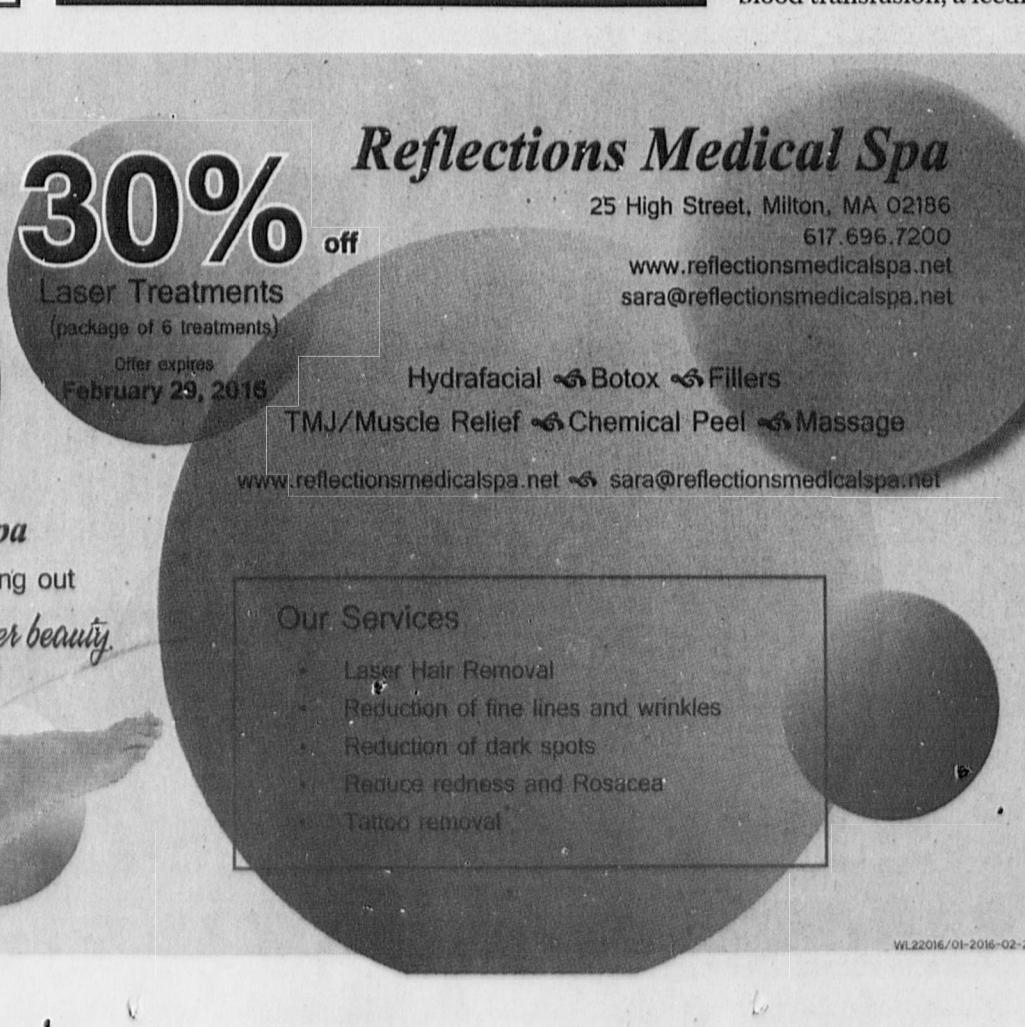
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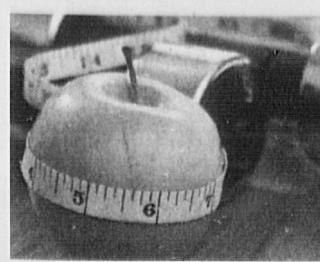
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HEALTHYLIVING

A BETTER YOU THROUGH BETTER LIVING 2016

• HEALTH

Screening for oral cancer

An important part of dental checkups

By Alison Freeman, DMD
Special to GateHouse Media

Most people realize that regularly visiting the dentist is important to their oral health. However, few people are aware of the extent to which oral health can impact overall health and the potentially life-saving role that a dentist can play, when using the right technology.

Each year, nearly 50,000 Americans are diagnosed with oral or pharyngeal cancer. While survival rates are high with early detection (over 80 percent at five years), the problem is that more often than not, detection does not come until the late stages, when survival drops to 50 percent.

As confirmed by recent research, risk factors for oral cancer have been expanded to include human papilloma virus (HPV), tobacco use, frequent and/or excessive alcohol consumption, a compromised immune system and past history of cancer. This changing demographic presents an unprecedented call to action for oral cancer awareness and regular screenings.

Oral cancer has impacted my family directly; a close cousin was diagnosed recently. For him, as with most people, the diagnosis was a complete surprise, but he was lucky that his cancer was detected early. I treat my patients the way that I would want my family treated and I always advocate for awareness, diligence and prevention.

At Freeman Dental Associates, as part of a routine

oral exam, we use VELscope technology, which allows our team to visualize abnormal oral tissue, such as potential cancerous or pre-cancerous tissues that are not always apparent or visible with the naked eye. VELscope employs harmless bright blue-spectrum light to quickly and easily identify abnormal tissue in real time. While the healthy tissue fluoresces in a distinct pattern, dysplastic tissue or cancer disrupts the visual pattern, allowing for early detection.

For the patient, the technology is safe, quick and does not incorporate any prolonged testing procedures or dyes that are often part of other oral exams. In fact, the VELscope exam takes place right in the hygiene room and takes less than two minutes.

While the incorporation of new technologies enables us to expand our capabilities and services, we relish those that give us the opportunity to truly impact the overall health of a patient and even be in position to save a life. We encourage all patients to diligently monitor their overall health and proactively visit their dentist – and ask them about oral cancer screening.

Alison Freeman, DMD, a 2005 graduate of Tufts University School of Dental Medicine, has offices in Cohasset, at 746 Chief Justice Cushing Highway, and Hanson, at 7 Gorwin Drive. For additional information or to make an appointment, call 781-383-6555 (Cohasset) or 781-293-2128 (Hanson), or visit FreemanDentalAssociates.com.

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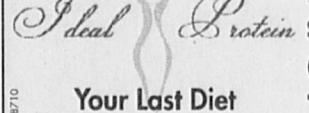
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• LIFESTYLE

Vacation activities for your kids

Get outside with
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If you're planning to stay local for February vacation week, but need some ideas for keeping the kids occupied, fear not. The Trustees have you covered with tons of ideas across the state, from drop-off programs to family-friendly activities for all ages that stimulate (and tire out!) minds and bodies alike.

"It's important for families staying close to home to have fun, affordable, and educational options to choose from during school vacations, and we want more Massachusetts parents to know that they can rely on The Trustees to provide them!" says Kristen Swanberg, Director of Programming for The Trustees. "Filling the days can feel stressful to parents staying close to home, but with creative and fun-filled programs led by our passionate experts and guides, we hope to provide some inspiration."

Vacation Week at Weir River Farm in Hingham

Tuesday, Feb. 16, through Friday, Feb. 19, from 9 a.m. to 1 p.m.

Vacation equals exploration!

Under a fresh dusting of snow, kids can explore Weir River Farm in a whole new light. With hikes, games and plenty of time with the animals, your child's vacation will be full of fun and adventure. Drop off and pick up are at 227 East St., in the classroom. Please pack a nut-free lunch and snack along with a water bottle. Call 781-740-7233 or email weirriverfarm@thetrustees.org for more information. Trustees member: \$45/day, Nonmember: \$65/day.



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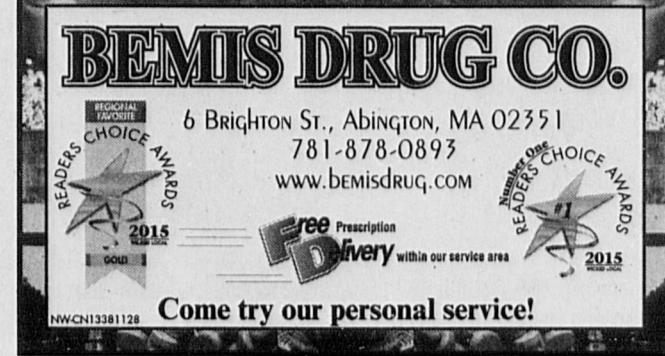
Abominable Snowman Tracking at Norris in Norwell

Saturday, Feb. 13, from 11 a.m. to 1 p.m.

The Abominable Snowman has made his way to Rocky Woods and we need your help to find him! Follow his tracks and look for clues as we search for the Abominable Snowman. This activity is perfect for

children in grades K to 5. Call 508-636-4693, ext. 5010 or email norris@thetrustees.org for more information. Trustees member: \$10, Nonmember: \$15.

For more ideas on how to enjoy and explore Trustees properties and programs during February vacation week, visit www.thetrustees.org.



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DISHING IT OUT

Comfort food with a twist at A Fork in the Road

Pembroke restaurant and catering company offers new takes on favorites

We're Dishing it Out this week at A Fork in the Road, located at the Pembroke/Hanson town line. This deli and catering company offers a wide variety of sandwiches, and comfort food, all done in an interesting way, and at an affordable price. Make sure to head down on wacky Wednesday when prices are substantially cut, try the sandwiches, full dinners, or just grab a pastry. We sat down with owner Lori Cook and her daughter Kate Murphy who run the business together, and they were proud of the quality of the food, and how involved the business was with the community.

Name of staff and position: Lori Cook, owner.

When did you open A Fork in the Road? We started here on April Fool's Day 2005. We are rapidly approaching our 11th year.

Describe your business: I'm a caterer, and I own the business and handle the managerial things. My daughter, Kate is the in-house manager. We work seven days per week.

The restaurant is on the Pembroke/Hanson town line, do you get customers from both towns?

It's a good mix. We do a lot with Hanson Teachers, and from the department of public works. But we know a lot of people from both towns. At one point we were actually zoned in Hanson.

How did you come up with the long list of sandwiches?

When I bought the deli, some items were here. If it's not broken don't fix it. But we have probably added 25 or so to the menu. Kate's been here the whole time; she was 13 when I bought it. She brings a very creative vibe to the place.

Did you always intend on it being a family business?

Oh yeah, I bought it for her. I thought she'd get it one way or another. She always has new ideas.

How are you involved in the Pembroke community?

We do the fish fry every year; it's a huge process. We do a lot of events for the chamber of commerce as well. We donate our time and effort. People come in all the time and ask if we can help and we see if we can do it. We've been helping for a lot of years. We give back when we can.

How do you describe the food at A Fork in the Road?

Comfort food with a twist. My meatloaf is outrageous. We make American Chop Suey and Macaroni and cheese, and a meal is only \$5 on wacky Wednesday. We offer hefty portions, and we have family size meals. When I am catering, we do a lot of outside barbecuing. We do steak tips, ribs, and it's only \$25 per head.

About A Fork in the Road:

Located at 6 Union St. in Pembroke, A Fork in the Road is open daily. On Monday and Saturday, the deli is open from 10 a.m. until 4 p.m. From Tuesday through Friday the restaurant is open from 10 a.m. until 7 p.m. and on Sunday, doors are open from 11 a.m. until 4 p.m. Prices at the deli range from \$5.50 to \$7.15. Take out is available. For menus and more information call 781-293-4300 or visit the website www.ftrcatering.com.

See food online!

Check out the video of A Fork in the Road owner Lori Cook making some of her famous meatloaf. Come in for the comfort food with a twist or grab one of a wide variety of deli sandwiches. You can watch the Dishing it Out video on the homepage of your Wicked Local website.



The deli has an extensive menu of specialty sandwiches as well as salads and classic sandwiches shown here.



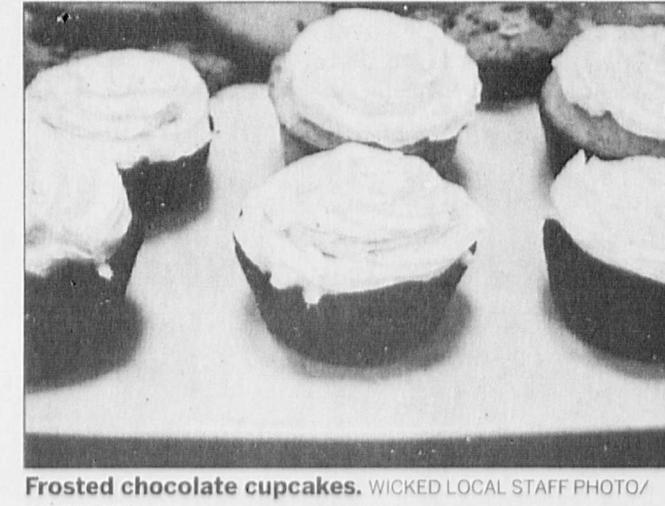
A Fork In The Road is a family affair with Kate Murphy and her mother Lori Cook.



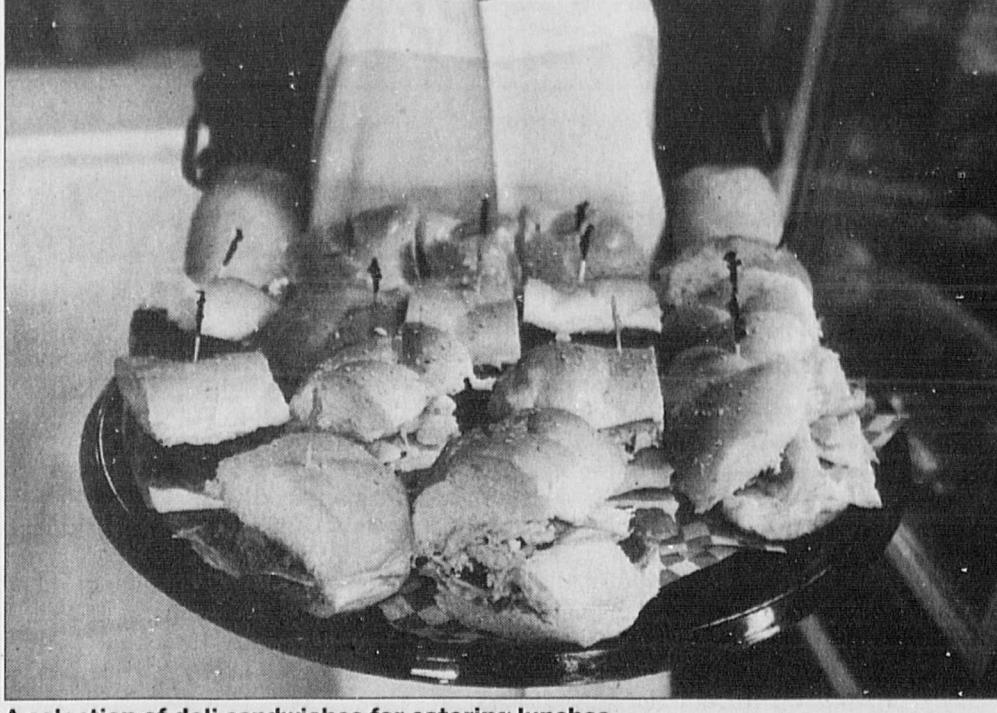
A Fork In The Road is a family affair with Lori Cook and her daughter Kate Murphy. The deli is a top choice for many in Pembroke for deli and catering. WICKED LOCAL STAFF PHOTO/ALYSSA STONE



Owner, Lori Cook is a longtime resident of Pembroke and is very active in her community. She is a board member of several organizations including Pembroke's Chamber of Commerce. WICKED LOCAL STAFF PHOTO/ALYSSA STONE



Frosted chocolate cupcakes. WICKED LOCAL STAFF PHOTO/ALYSSA STONE



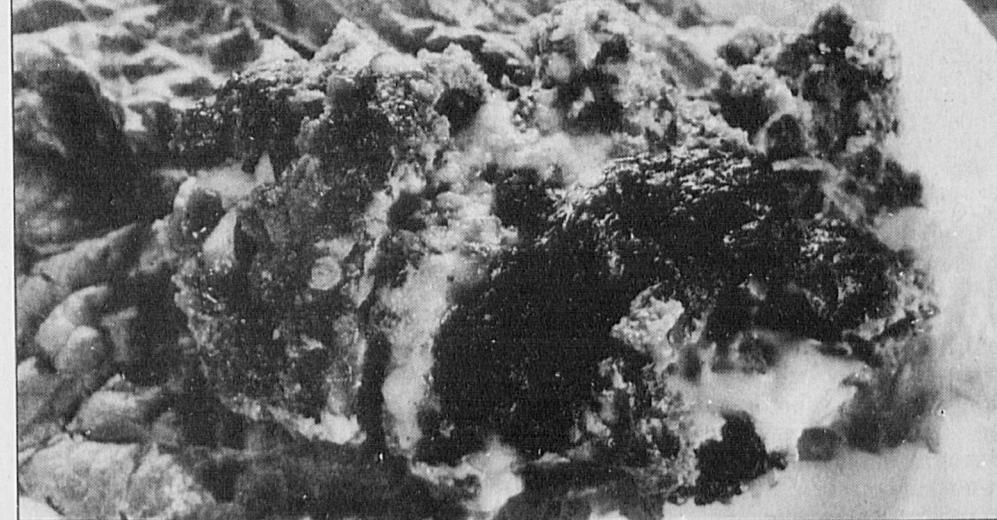
A selection of deli sandwiches for catering lunches.



Event planner Pat Merrit, Kate Murphy, Owner Lori Cook, and Haley Churchill, 17, from Whitman, are part of what makes A Fork in the Road stand out.



Kate Murphy likes to experiment and try new dishes such as this loaded Italian Stromboli.



Mama's meatloaf is a big seller at A Fork in the Road. Eat it in house for lunch or take it home for a delicious, savory dinner.



A Fork In The Road is a top choice for many in Pembroke for deli and catering. WICKED LOCAL STAFF PHOTO/ALYSSA STONE

Keep your finger on the pulse of Central and Eastern Massachusetts at WickedLocal.com.

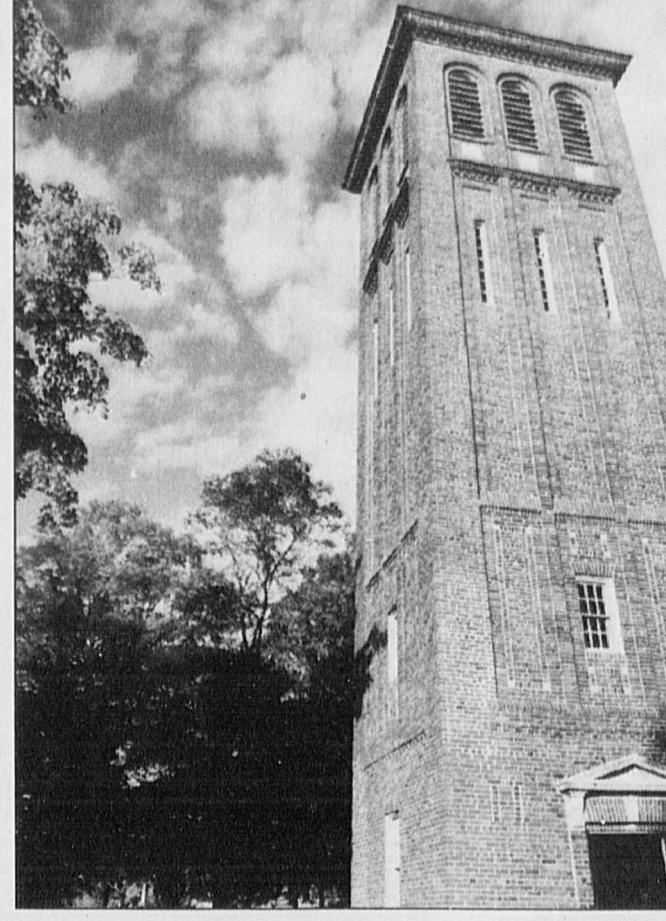
SAVE THE DATE

Memorial Bell Tower open house

The Hingham Memorial Bell Tower, 68R Main St. (next to Old Ship Church), will host an open house from 11:30 to 12:30 p.m. Feb. 7.

Visitors can learn about the practice of Change Bell Ringing.

The Bell Tower will offer an opportunity to learn the practice through a 10-week class in Change Bell Ringing during the spring, after which students may choose to join the Band of Bell Ringers.



Don't miss the chance to see the inside of the Hingham Memorial Bell Tower on Feb. 7. COURTESY PHOTO

How to Submit an Obituary to the Weekly Newspapers

To contact our obituary department, please e-mail

obits@wickedlocal.com

or

call 781-433-6905

or

Fax 781-433-6965

Obituaries for the weekly newspapers are taken at the Randolph office Monday through Friday.

Please Call for Deadline Details

Timothy G. Lydon

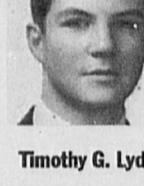
WEYMOUTH — Timothy Gerard Valentine Lydon, born in Boston, Aug. 25, 1942, died on Jan. 22, 2016, at South Shore Hospital.

Tim was raised on Codman Hill Avenue in Dorchester and spent his summers in Hull Village at the family summer home. In recent years, he resided in Weymouth.

Educated at St. Gregory's, Boston College High School, Cardinal Newman, St. Mary's in Halifax, Nova Scotia, he was a graduate of Suffolk University.

He was a licensed real estate broker and paramedic. Tim was an Army Reserve officer during the Vietnam War.

His late parents were Patrick J. Lydon, Esquire, and Mary M. Foley Lydon. He resided 25 years with Edythe Owens Blackman prior to her passing. He is survived by his brother,



Timothy G. Lydon

Patrick J. Lydon Jr. and wife Janet of Abington, along with their four children, Kim, Patrick III, Jamie and Dr. Ryan

Lydon, MD. He is also survived by his brother, Billy Lydon and his wife Debbie of Cohasset, along with their two children, Christian and Nicholas Lydon. Surviving close friends include Chester, Bruce and his wife Love and Mary Jane.

Burial services are private at the Blue Hill Cemetery.

Donations in Tim's memory may be sent to the Arthritis Foundation of Boston.

Janet MacLure

AMELIA ISLAND, FL — Janet White MacLure, 86, of Amelia Island, FL, and former long-time resident of Cohasset, MA, was born January 12, 1930 and passed away peacefully on Sunday, January 24, 2016.

The daughter of William Allen White and Marion Stevens White, Janet was raised in Milton, MA.

She was predeceased by her husband, Laurens MacLure, and her brother, William Allen White.

A devoted wife and mother, she leaves four children, daughter Allison (MacLure) Cowen and her husband Richard W. Cowen of Duxbury, MA, daughter Amy (MacLure) Wilsterman and her husband John D. Wilsterman of Amelia Island, FL, son Laurens MacLure and his wife Anne C. MacLure of Reisterstown, MD, and son Henry G. MacLure of Los Angeles, CA. She was the loving grandmother of eight grandchildren and one great grandson. Janet is also survived by her brother-in-law, Edwin C. Lincoln of Cohasset, MA and several nieces and nephews.

Janet graduated from Beaver-



Janet MacLure

Country Day School in Chestnut Hill, MA, Lasell College in Newton, MA and Skidmore College in Saratoga Springs, NY.

She was a lifetime active volunteer, golfer, avid reader, and enjoyed travel.

She spent many years skiing, sailing, attending theatre and symphony.

A Remembrance is planned at Osprey Village, Amelia Island, and a private family interment in Cohasset Central Cemetery.

Memorial contributions to honor Janet may be made to the Cohasset Library Trust, Inc., 35 Ripley Road, Cohasset, MA 02025 or to Northeast Community Hospice, 1348 S. 18th Street, Bldg B, Fernandina Beach, FL 32034.

Please share her life story and leave words of comfort at www.oxleyheard.com.

Janet graduated from Beaver-

He was a New England Patriots season ticket holder since the first game enduring the lean years and finally rewarded with multiple Super Bowls.

Lee enjoyed the camaraderie of his long term friends at their legendary cookouts whether it was tailgating at a Harvard or Patriots football game.



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REGISTRATION

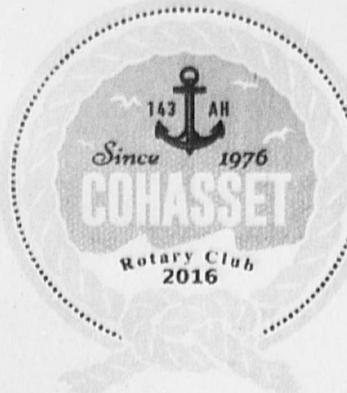
Road Race celebrates 40 years

On Sunday, April 3rd, a 40-year Cohasset tradition continues with the running of the Cohasset Road Race by the Sea 10K presented by Cohasset Rotary Club.

For some runners, it's the first race of the season and for others, it's their last warm up before the BAA Boston Marathon.

No matter what your reason, the views and the fact that all net proceeds go to charity is reason enough to lace up!

The 10K race begins at 1 p.m. The Fran Coffey Memorial Walk, which takes place on the same day, begins at 10 a.m. at Willcutt Commons parking lot. The majority of the Walk follows the road race route, however, it starts and ends at 91 Sohier Street.



ROAD RACE BY THE SEA

E-mail roadracebythesea@gmail.com if you're interested in sponsoring or volunteering.

The Rotary Club of Cohasset would like to thank our 2015 Banner Sponsors: RW Rosano, Graham Waste Services,

ColoSpace, Work Station, Pilgrim Bank, Cohasset Dental and The Harborview for their generosity and partnership.

Register at roadracebythesea.com "Like" us on Facebook.

PLEASE RECYCLE THIS NEWSPAPER

OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

Margaret Grady

HINGHAM — Margaret "Peggy" Kickham Grady of Hingham passed away at home peacefully on January 28, 2016.

She was the loving mother of George A. Grady of Minnesota; Paul L. Grady, Jr. and wife Trisha of Cohasset; Alexander K. Grady and wife Jeanne of Hingham; Margaret Parker and husband Scott of Framingham; and Nathalie Dailida and husband Matthew of Marlborough. Former wife of Paul Grady, Sr. of Hingham. Adored "Mimi" to Lily, Grady, and Georgia Parker; Arden, Alexandra and Lane Dailida; and Shannon Grady. Sister of Penelope Reilly and the late John; James Kickham and wife Erika; Michael Kickham and wife Nancy; the late Dr. Charles Kickham and wife Angela; the late Martha Sullivan and husband Daniel; the late Janice and Richard Walwood; and "Aunt Peggy" to beloved nieces and nephews.

Peggy grew up in Jamaica Plain and Scituate. A graduate of Newton Country Day School and Garland College, Peggy was an active member of the Ace of Clubs who enjoyed reading, boating, golfing and long days at the beach.

Visiting hours Monday, February 1, 2016, from 3-7 p.m. in Saint Anthony Church, 129 South Main St., Cohasset. A funeral Mass will be celebrated Tuesday, February 2, 2016, at 10 a.m. in St. Anthony Church, Cohasset.

Donations to honor Peggy may be made to the Scituate Animal Shelter, 780 Chief Justice Cushing Hwy., Scituate, MA 02066.

For an online guest book, please visit www.mcnamara-sparrell.com.

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Lucia R. Woods

COHASSET — Lucia Russell (Hedge) Woods, passed away peacefully Jan. 25, 2016, in the comfort of her home, at the age of 94.

She was the cherished wife of Edward F. Woods, DMD, of Cohasset; loving mother of William Hedge Woods of Redwood City, Calif., Anne Adams Norwood and her husband Kenneth of Charlottesville, Va., Susan Cornell Spofford and her husband Robert of Cohasset and Jonathan Tufts Woods and his wife Alice of Wilton, Conn.; devoted grandmother of Ryan, Matthew, Virginia, Jennifer, Meredith, Robin, Edward and Andrew. Her sister, Alice Hedge Brewer, lives in Hingham.

Lucia attended high school at the Winsor School, then received her BA in English from Bryn Mawr, and a master's degree from Stanford.

She taught 1st grade until she was married in 1953. After 62 years of marriage in their home on Jerusalem Road, Lucia's favorite quip was "Same house, same spouse!" While raising four children, Lucia used her many skills to support community organizations. Under her direction, the American Red Cross tripled their local blood donations by implementing an "insurance policy" approach so that participating groups would receive blood transfusions if needed. Active in the First Parish Church of Cohasset, Lucia served as Chairman of the Christmas Fair for 2 years as well as various search committees and stewardship projects.

When the steeple was damaged, she wrote to the citizenry of Cohasset, receiving a wide response that funded the repair with restored bells and functioning town clock, with added handicapped access.

She initiated the now annual tradition of the Cohasset Arts Festival Lobster Roll Sale, successfully raising substantial funds for the parish.

An active trustee in the Cohasset Paul Pratt Memorial Library for 15 years, Lucia helped coor-

dinate book drives, programs, and the relocation and expansion of new library.

While serving as president of the Cohasset Garden Club, she coordinated with the Garden Club of America to develop a horticultural student exchange program with Great Britain.

She was recognized in 2014 for 50 years of service to the CGC, and was honored more recently by the dedication of the Lucia R. Woods Bowl awarded annually within the club.

Lucia was a member of The Chilton Club in Boston.

Proud of her Pilgrim heritage, Lucia was instrumental in fundraising efforts for the Plymouth Antiquarian Society Hedge House Museum, particularly significant to her as it was her father's home.

A two-time breast cancer survivor, Lucia served for four years in the "Reach to Recovery" program at Boston hospitals.

An original member of the Cohasset Tennis Club, Lucia was also an avid skier well into her 80s.

She kept her mind sharp playing high level bridge with friends into her 90s. While always grateful to be able to serve her community, Lucia's greatest satisfaction came from her marriage, her children, and her grandchildren. She was much loved, and will be greatly missed.

A memorial service will be held Saturday, February 6, at 11 at the First Parish Church, 23 N. Main St., Cohasset.

In lieu of flowers, please consider a donation to the Plymouth Antiquarian Society, P.O. Box 3773, Plymouth, MA 02361, plymouthantiquariansociety.org or to Norwell VNA and Hospice, 120 Longwater Dr., Norwell, MA 02061, www.nvnva.org.

For an online guest book, please visit www.mcnamara-sparrell.com.

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Jason P. Moore

COHASSET — Jason P. Moore, age 32, of Cohasset, passed away suddenly on January 26, 2016.

Beloved son of Robert and Margaret (Fontneau) Moore. Devoted brother of Eric Moore and wife Emily, Travis Moore and wife Liz. Loving uncle of Luke, Nate, and Lily. Jason was a graduate of Cohasset High School, University of Colorado Boulder, and The National Gourmet Institute of NYC.

He will be remembered for his big heart, kind smile, and deep love for his family. The light of this world has dimmed with his loss but his spirit will be with us always.

Visiting hours Sunday, Jan. 31, 2016 from 2-6 p.m. in McNa-

mara-Sparrell Funeral Home, 160 So. Main St. (across from St. Anthony Church), Cohasset. A funeral Mass celebrated on Monday, Feb. 1, 2016 at 10 a.m. in St. Anthony Church, Cohasset.

For an online guestbook, please visit www.mcnamara-sparrell.com.

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College Summer Programs FOR HIGH SCHOOL STUDENTS

ADVERTORIAL

Young Berklee musicians find their tribe

Long synonymous with the Grammys and as a global leader in contemporary music education, one of Berklee College of Music's lesser-known opportunities for music studies is its Summer Programs.

Covering a broad range of disciplines across 21 programs, about 3,000 students arrive on campus annually to attend one of the many offerings which run from just a weekend in length to Berklee's Five-Week Summer Performance Program (July 9-Aug. 12).

The Five-Week Summer Performance Program, from which all other programs were developed, was designed to offer the essence of a full undergraduate Berklee College semester to students ages 15-18, and accounts for some 30 percent of the incoming undergraduate class annually.

"The idea is to immerse the student in the Berklee community and culture with its collaborative entrepreneurial spirit, with a view to improving their skills in all areas," says Director of Summer Programs Oisin McAuley. "The level of musicianship of students who attend the Summer Programs at Berklee is stagger-



Covering a broad range of disciplines across 21 programs, about 3,000 students arrive on Berklee College of Music's campus annually to attend one of the many offerings which run from just a weekend in length to Berklee's Five-Week Summer Performance Program (July 9-Aug. 12).

COURTESY PHOTO

ing, but the thing that makes us most proud is the palpable improvement of students who come not knowing how their musical lives are about

to change and leave with a new confidence that they can bring to all areas of their lives."

Students who attend the

programs can expect a comprehensive pre-college program which comprises private lessons with Berklee instrumental faculty, ear train-

ing and harmony classes as well as a host of elective choices such as music production, songwriting and musical theater, to name but a few.

"Many of our students at the Five-Week program are interested in experiencing just a slice of Berklee with

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FOR HIGH SCHOOL STUDENTS



Students who attend the programs can expect a comprehensive pre-college program which comprises private lessons with Berklee instrumental faculty, ear training and harmony classes as well as a host of elective choices such as music production, songwriting and musical theater, to name but a few. COURTESY PHOTO

FROM PREVIOUS PAGE

folks who share their deep passion for music before they go on to study something else at third level," says McAuley. "That was at the heart of our thinking when we introduced college credit to the Five-Week Program in 2014. Students can bring tangible benefits from their experience to their résumé that will benefit them in the future; of course if they choose to study music in their future it also gives them a big advantage."

Another stated goal of the program is to offer as many performance opportunities to students as possible, and with more than 600 different ensemble and showcase options no student leaves without formative stage experience.

"Berklee has always approached education using a practical and experiential concept providing students an opportunity to put into practice what they learn in the classroom," says Vice President for Special Programs Rob Rose. "Students

come to Berklee from over 70 countries and all 50 states to take part in an enormous contemporary music melting pot. Our faculty and program structure make the tools available to succeed, but it is really the fruits of the collaborations that occur every summer that yield the most exciting sounds and results at the end of every program."

One example of how Berklee adapts established genres and musical paradigms to provide a contemporary avenue for young musicians is the weeklong Global String Intensive that runs from June 27 to July 1. Juilliard alumnus Chair of Strings David Wallace designed a program which focuses on a contemporary setting for traditional orchestral instruments. "Students get a window into what it would be like to study at the world's premier institution for the study of eclectic strings," says Wallace.

Understanding that the employment opportunities for young musicians today

often lie outside the traditional professions of Solo and Symphonic classical traditions is at the core of the Berklee philosophy of preparing students for whatever opportunities lie in the future. "Many of our alumni now work with the leading contemporary acts of today, from Stevie Wonder to Taylor Swift and our summer offerings are designed to open that door to students who know their path," says McAuley.

The summer at Berklee appears to be an extraordinary gateway for young musicians aspiring to follow in footsteps of their contemporary music heroes. As Berklee President Roger Brown puts it, "When young people come to Berklee for the summer, it totally changes the culture and environment of the place...kids are hanging in every available space, jamming and writing songs; we like to say that they have found their tribe."

For more information, visit www.berklee.edu.

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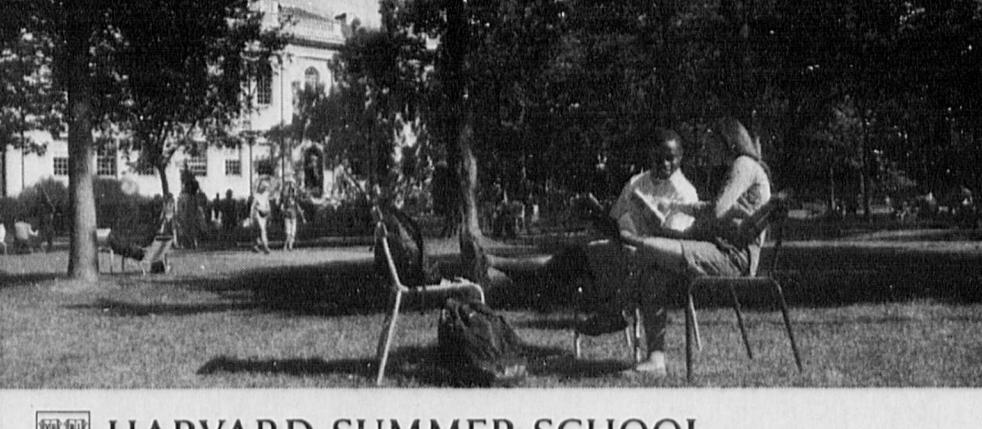
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EDUCATION

Five things every family should consider for college-bound students

StatePoint

Transitioning to college life can be difficult on both students and families. From new expenses to a new lifestyle, being prepared for what lies ahead can help you avoid common bumps in the road.

Here are five things families with college-bound students should consider:

- Getting involved: Being away from home and making new friends can seem daunting. Encourage your student to get involved in school activities and events. From joining the campus paper to running for student government, there are a range of extracurricular opportunities that can lead to new friendships, help students maintain an active calendar and round out one's classroom education.

- Health and wellness: Late nights spent studying instead of sleeping, as well as crowded dorm rooms, can be a prescription for colds and flu. Check out on-campus and local health care options before your student gets sick. No one wants to scramble to research medical options when he or she isn't feeling well. Many campuses offer student insurance. See what makes the most sense for your family. Locate a nearby pharmacist before visiting the doctor so you can provide that information at your appointment.

- Financing College: College may be one of your family's biggest investments to date. Whether that describes your family or not, there's no doubt about it, higher education comes with a big price tag. It's never too late in the process to seek out new financing options, even if your child is already away out school.

- Staying in touch: You're busy. Your kid is busy. But regular check-ins with your student can help you know that everything is going well. Set up a weekly appointment to chat by phone and get the scoop - just make sure your student's phone plan allows for sufficient texting and calling.

- Money management: For many students, college is the first time they will gain some financial independence. Set your kids up for success by teaching them how to establish a workable budget. A checking and savings account designed for college students can help them stay on track. You can review money-management tools for college students at www.WellsFargo.com/fivesteps.



Regular check-ins with your student can help parents know that everything is going well. CONTRIBUTED PHOTO/STATEPOINT

sources designed for college-bound students and their families, such as Wells Fargo's "5 Steps to Financial Aid" video series, which offers helpful advice on finding a scholarship, applying for loans, and more from "Mr. Fellows, your wiser college advisor," at www.WellsFargo.com/fivesteps.

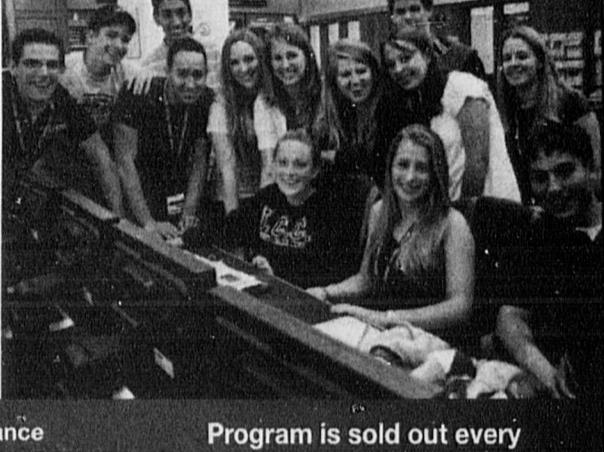
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Don't let the transition to college catch your family off guard. Parents can make the transition easier for students by striking the right balance of "letting go" and staying involved.

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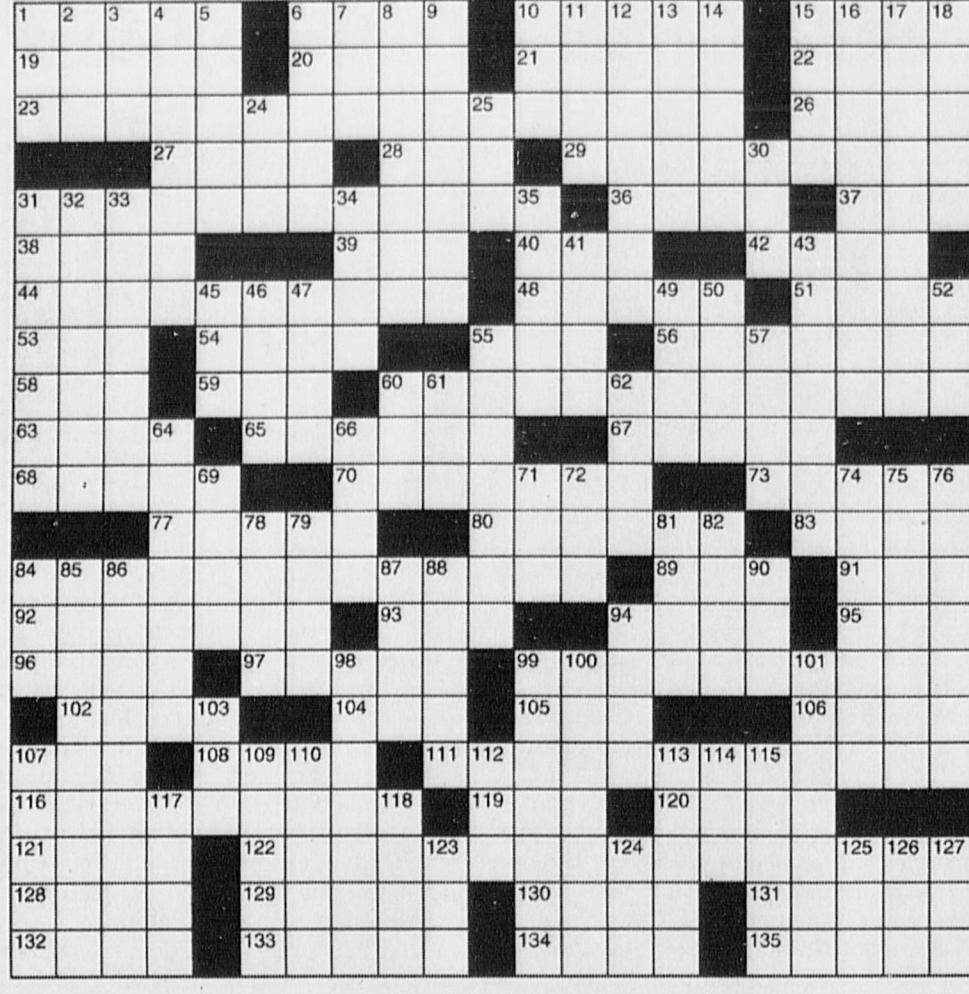


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PUZZLES

Crossword • SHADY QUESTION



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1	High-school	56 Writer	104 Game with	3	NHLer	35 Terse	84 "Xanadu"
2	balls	Huffington	Skip cards	4	Bobby	question	rock gp.
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12	28	(lost ship)	111 Flowers	14	Gratifying	49 Novelist	Across, Agra
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CALENDAR

Honeysuckle performing at Blue Moon Coffeehouse

WHEN: 7:30 p.m., Friday, Feb. 5

WHAT: Honeysuckle plays at Blue Moon Coffeehouse
INFO: Honeysuckle, a progressive folk trio will perform at the Blue Moon Coffeehouse, 45 Webster St., Rockland. Between sets by the band there will be an open mike. Tickets are \$10 at the door. Children 12 and under are free.

For information: www.thebluemooncoffeehouse.com or check out the Facebook page. Listen to the band at www.honeysuckleband.com.



Friday, Feb. 5

ART EXHIBIT OPENING

RECEPTION: 6-8 p.m., free, at James Library & Center for the Arts, 24 West St., Norwell. Art by Scituate resident Robert Beaulieu. His primary medium is oil and alla prima plein air studies, but always welcomes commissions and other assignments. Information: (781) 659-7100; www.JamesLibrary.org or www.beaulieudesign.com/art.

THE SCITUATE ARTS ASSOCIATION HOSTS THE SCITUATE HIGH SCHOOL ART EXHIBIT

EXHIBIT: First Friday reception 6 to 8:30 p.m., The Front Street Art Gallery, 124 Front St., Scituate. The exhibit is hosted by the Scituate Arts Association from Feb. 4-28. There will be a reception for the students, families and friends from 2 to 5 p.m. Feb. 7. Gallery winter hours are from 11 a.m. to 5 p.m. Thursday through Saturday and from noon to 5 p.m. Sunday, or call for an appointment. Information: 781-545-6150; scituateart.com.

ARTISANS IN THE SQUARE: 5-8 p.m., 63 South St., Hingham. The theme this month is hearts and flowers. Many of the artisans have created various treasures such as mosaic hearts on beach rocks, sea glass framed hearts, heart shaped necklaces and earrings, flower paintings and photos, fabric flowers and much more. Stop in for refreshments and fun. Information: 781-749-2590; www.artisansinthesquare.com.

"WINTER STUDIO" EXHIBITION OPENING

RECEPTION: 6-9 p.m., South Street Gallery, 149 South St., Hingham. The February exhibit at South Street Gallery will feature paintings of 10 artists through invitation. The show's focus will be large format still-life paintings. The exhibition will be on display throughout February. Information: 781-749-0430; www.southstreetgallery.com.

'AVENUE Q' MUSICAL: 8 p.m. Feb. 5 and 6, The Company Theatre, 30 Accord Park Drive, Norwell. Presented by the Company Theatre. Complete schedule of shows online. Cost: \$37 to \$39. Information: 781-871-2787; companytheatre.com.

Riverside Vinny and the Revolution

8 p.m., Next Page Cafe, 550 Broad St., Weymouth. Information: 781-340-1300, thenextpagecafe.com.

HONEYSUCKLE, A PROGRESSIVE FOLK TRIO

PERFORMS: 7:30 p.m., at the Blue Moon Coffeehouse, 45 Webster St., Rockland. Between sets by the band there will be an open mike. Tickets are \$10 at the

door. Children 12 and under are free. For more information, visit www.thebluemooncoffeehouse.com or check out the Facebook page. You can listen to the band at their website: www.honeysuckleband.com.

Saturday, Feb. 6

SEA & SKY ART SHOW: through Feb. 27, Hull Lifesaving Museum, 1117 Nantasket Ave., Hull. More than 60 works of art created by dozens of artists from the South Shore and beyond on display. Free. For information: 781-925-5433, www.lifesavingmuseum.org.

"FOR THE LOVE OF ART": 3-6 p.m., Gallery Nantasket, 121 Nantasket Ave., Hull. Enjoy wine, chocolate, and other goodies. Make your own Valentine's Day card or felted heart. Enter the raffle to win one of more than 10 handmade gifts and fine art. For information: www.hullartists.com/gallery.html.

FIRESIDE STORIES AND WINTER STARGAZING: 6-7:30 p.m., North River Wildlife Sanctuary, 2000 Main St., Marshfield. Take the family for an evening under the stars and discover the winter sky. Light refreshments provided. For families with children ages 4 and up, \$10/\$8 member adult, \$8/\$6 member child. Preregistration required. For information: 781-837-9400, www.massaudubon.org/southshore.

"BRIEFS III": 7:30 p.m., Cohasset Dramatic Club will present "Briefs III" at Cohasset Town Hall Theatre, 41 Highland Ave., Cohasset. The third annual festival of 10-minute plays features seven original works ranging from the comedic to the dramatic. Directors and actors from throughout the metropolitan Boston area are featured, as well as works from award-winning playwrights from across the U.S. Tickets are \$20, which includes cabaret-style seating, complimentary snacks, dessert and beverages. For information, 617-922-0280, www.brownpapertickets.com/event/1149495, www.cohassetdramaticclub.org.

NORWELL SINGER-SONGWRITER LES SAMPOU:

8 p.m., Music at Sanctuary Hall series at East Weymouth Congregational Church, 1320 Commercial St., East Weymouth. Sampou will play from her new CD, "Les Sampou Live at Church." Doors will open at 7 p.m. for coffee and dessert; music will start at 8. Admission is \$15 at the door or \$12 in advance online. For information: 781-974-3503, www.brownpapertickets.com.

THE NEW BAND: 8 p.m.,

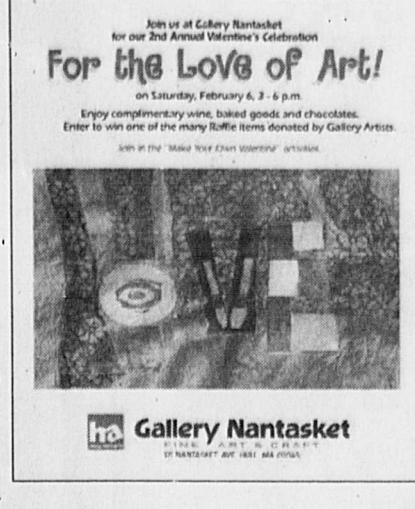
'For the Love of Art'

WHEN: 3-6 p.m., Saturday, Feb. 6

WHAT: Valentine's event at Gallery Nantasket

INFO: Gallery Nantasket will present "For the Love of Art" at 121 Nantasket Ave., Hull. Enjoy wine, chocolate, and other goodies. Make your own Valentine's Day card or felted heart. Enter the raffle to win one of more than 10 handmade gifts and fine art.

For information: www.hullartists.com/gallery.html.



Wednesday, Feb. 10

OIL PAINTING CLASS

9 a.m. to noon, the Art Complex Museum, 189 Alden St., Duxbury. Artist Laura Tryon Jennings will give a six-week session oil painting class. Each student is given individual attention to work on what best suits their particular needs. The program runs from 9 a.m. to noon Wednesdays, Feb. 10-March 16 (session 1) and March 30-May 4 (session 2). All supplies will be provided. Feel free to take your own supplies if you prefer. The cost is \$198 plus a \$28 supply fee. For information: 781-837-7982, Laura@LtryonJennings.com, www.artcomplex.org.

WATER WATCH SERIES

7 p.m., South Shore Natural Science Center, 48 Jacobs Lane, Norwell. Free lecture series presented by North & South Rivers Watershed Association. Today: Adventures Under the Sea: Piloting the Alvin, by Bruce Strickrott, Alvin Group Manager, Woods Hole Oceanographic Institute. The Alvin was created to help reach the most extreme areas on earth and has transported more than 8,000 researchers over the last 40 years, including Strickrott. He will share some of the experiences he has had while piloting the Alvin. For information: www.nsrwa.org.

ADULT COLORING EVENT

2-3:30 p.m., Ventress Library will hold an adult coloring event, in the program room of the library, 15 Library Plaza, Marshfield. The library will provide the supplies including coloring pages and colored pencils as well as serve light refreshments. If you already possess an adult coloring book, feel free to take it along. Call the library to sign up or go to the library's website under "Calendar of Events" to register online. This event is for adults only. Contact Rachel Breen at the library's reference desk if you have any questions about the event. For information: 781-834-5535, rbreen@ocln.org.

BOOK SALE

10 a.m. to 4 p.m., Hingham Library's big semi-annual used book sale Feb. 11 and 13 in the Whiton Room at the library, 66 Leavitt St., Hingham.

Refreshments will be served.

For information: 781-749-2590, www.artisansinthesquare.com.

MEN'S NIGHT

5-8 p.m., Artisans in the Square, 63 South Street, Hingham.

Refreshments will be served.

For information: 781-749-2590, www.artisansinthesquare.com.

"BUST THE WINTER BLUES WITH HEIDREA FOR HEROES"

6 to 7:30 p.m. at Waxy's Modern Irish Bar, at Kingston Collection, 101 Kingston Collection Way, Kingston.

Check out the new restaurant, sample some food, enjoy a signature crafted cocktail or brew and support the work and mission of Heidrea of Heroes.

\$20/adult; for youth (ages 8-14), \$10.

Appetizers, cash bar, raffles throughout the night. Walk-ins are welcome, but advance registration appreciated. For information: 774-773-3951, www.heidrea4heroes.org/events.

NANTASKET BEACH LECTURE SERIES

7 p.m., Stories Behind the Street Names, with Stephen O'Neil, associate director and curator of Pilgrim Hall Museum, presented by Hull Lifesaving Museum, at Nantasket Beach Resort, 45 Hull Shore Drive, Hull. Free, donations welcome. For information: 781-925-5433, victoria@hulllifesavingmuseum.org.

JOE MOSS BAND, FROM

HOW TO SUBMIT

TO THE COHASSET MARINER

Event information can be input online by following the directions at the bottom of this page, sent by email to scalendar@wickedlocal.com or sent by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Photos should be a jpeg with a resolution of at least 200 dpi and no smaller than 3X5 inches in size. For more information call 508-591-6623.

Gregg Pauley concert at the James Library

WHEN: 3 p.m., Sunday, Feb. 7

WHAT: Piano concert by Gregg Pauley at James Library

INFO: Gregg Pauley will continue his Beethoven Piano Sonata series at James Library & Center for the Arts, 24 West St., Norwell. Tickets are \$25/\$22 senior /\$10 student.

For information: 781-659-7100, www.JamesLibrary.org.



information: sscsmusic.org.

Monday, Feb. 15

SEMAP FARMER AND CHEF NETWORKING SERIES

3 p.m., join SEMAP, What's Good, and the Trustees of Reservations for a free networking event, Weir River Farm, 227 East St., Hingham. Farmers and chefs can meet, gather, and learn new ways to sell and purchase local goods, including using mobile technology. For information: SEMAPonline.org/events.

Tuesday, Feb. 16

FEBRUARY VACATION FUN AT HOLLY HILL FARM

9 a.m. to noon Feb. 16-18, Holly Hill Farm, 236 Jerusalem Road, Cohasset. For ages 5-10. Each day participants will explore a different aspect of the organic farm. Attend one or two or all three days. \$45/day or \$135/all three days for members. \$50/day or \$150/all three days nonmembers. Preregistration required. In the event of under enrollment or severe winter weather, Holly Hill Farm reserves the right to cancel with full refund. For information: 781-383-6565, friends@hollyhillfarm@gmail.com.

AUDUBON FEBRUARY VACATION WEEK ADVENTURES

3 p.m. Feb. 16-19, North River Wildlife Sanctuary, 2000 Main St., Marshfield. Winter beachcombing, searching for animal tracks in the snow, crafts, games, and fire-side s'mores are just some of the activities that will keep your kids energized, entertained and educated about how plants and animals weather the cold. These are drop-off programs for kids ages 6-11, grades 1-5. \$65/\$55 member child per day. Preregistration is required. For information: 781-837-9400, www.massaudubon.org/southshore.

FEBRUARY SCHOOL VACATION WEEK LEGO CLUB - PIRATE CHESS

9:30 a.m. to 2:30 p.m., Feb. 16-19, Hull Lifesaving Museum, 1117 Nantasket Ave., Hull. Participants will build their own Lego Pirate Chess and Lego Shipwreck Defense sets, which they will take home at the end of the week. Kids will learn to play chess, and have lots of fun playing pirate on the museum's play ship. Children should take a peanut-free lunch. Space is limited and pre-registration is required. \$140 members; \$150 nonmembers. For information, 781-925-5433 or victoria@hulllifesavingmuseum.org.

Ongoing

Call for art: The Scituate Arts Association announced its Juried Show, open to all, to be held at the Front Street Art Gallery from Wednesday, April 13, through Sunday, May 1. Awards and a reception will take place from 6:30 to 9 p.m. Friday, April 22. One \$500 prize for Best In Show will be given with up to \$1,000 in prizes to be awarded. Entries must be delivered to the Ellis House, 709 Country Way, Scituate, 781-545-7613, www.scituateart.com.

Sunday, Feb. 14

"LOVE SONGS" CONCERT

4 p.m., performed by South Shore Conservatory voice faculty members, 4 p.m., at One Conservatory Drive in Hingham. Following the performance, the audience is invited to stay, enjoy a special free Valentine's Day reception, and visit with the musicians to learn more about them. For

UP THE DOWNS

8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Sunday, Feb. 14

"LOVE SONGS" CONCERT

4 p.m., performed by South Shore Conservatory voice faculty members, 4 p.m., at One Conservatory Drive in Hingham. Following the performance, the audience is invited to stay, enjoy a special free Valentine's Day reception, and visit with the musicians to learn more about them. For

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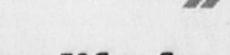
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Sale Price \$21,499

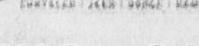
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*10,000 miles with \$1000 plus 1st payment due at signing. Includes tax, title, plates, doc & acquisition fees. Chevy Conquest included.

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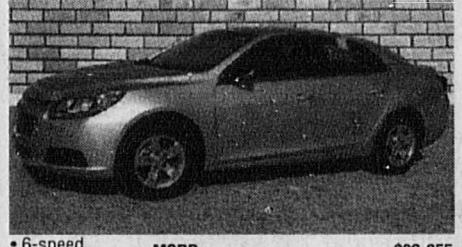


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Automatic Best Discount \$2500
• Roof Rack Customer Cash \$1500
• Cross Rails Select Cash \$2000
• Super Cash \$1000
#52691 Chevy Loyalty \$3000

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2016 CHEVY
Malibu
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Automatic Best Discount \$1500
• Remote Start Customer Cash \$1500
Select Cash \$1000
Bonus Cash \$500
Competitive Lease \$1500

BUY FOR \$17,855 **OR LEASE FOR \$179.37 /MO 24 MOS.**
*10,000 miles per year, \$1000 total cash due. Includes sales tax, title, plates, doc & acquisition fees. Must have competitive lease.

2016 CHEVY
Cruze LS Automatic
Limited



#61125 MSRP \$19,795
Best Discount \$1000
Customer Cash \$1000
Select Cash \$1000
Competitive Lease \$1500
Bonus Cash \$500

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\$14,795 **OR LEASE FOR \$68.82 /MO 24 MOS.**

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Includes all rebates to dealer. *All leases for qualified customers and require 10K miles per year plus 1st months payment, tax, title, doc, fee and doc fee. Price includes lease loyal or competitive lease. Subject to factory extension of rebates and incentives. **Must have a 1999 or newer competitive registered vehicle, no trade required, transferable within household. See dealer for details. Down payment assist requires financing with Ally, GM Financial or Wells Fargo to qualify. Subject to factory extension of rebates & incentives.

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